



Oven-Baked Italian Beef Meatball Subs

with Potato Fries & Parmesan-Pear Salad

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Garlic



Beef Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Tomato Sugo



Hot Dog Bun



Pear



Spinach & Rocket Mix



Parmesan Cheese



Mayonnaise



Parmesan Cheese

Prep in: 25-35 mins
Ready in: 30-40 mins

The sub sandwich is the king of sandwiches. Packed to bursting with saucy meatballs and sprinkled in Parmesan cheese, this particular sub wears the crown with ease and grace. We bow before the might of this delicious meal!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Brown Sugar, Butter, Balsamic Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
beef mince	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
tomato sugo	1 medium packet	2 medium packets
egg*	1	2
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
hot dog bun	2	4
pear	1	2
spinach & rocket mix	1 medium bag	2 medium bags
balsamic vinegar*	drizzle	drizzle
Parmesan cheese	1 medium packet	1 large packet
mayonnaise	1 packet (40g)	1 packet (80g)
Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3845kJ (919Cal)	585kJ (140Cal)
Protein (g)	50.2g	7.6g
Fat, total (g)	43.9g	6.7g
- saturated (g)	19g	2.9g
Carbohydrate (g)	77.7g	11.8g
- sugars (g)	21.5g	3.3g
Sodium (mg)	1769mg	269mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4054kJ (968Cal)	605kJ (144Cal)
Protein (g)	54.4g	8.1g
Fat, total (g)	47.5g	7.1g
- saturated (g)	21.7g	3.2g
Carbohydrate (g)	78g	11.6g
- sugars (g)	21.5g	3.2g
Sodium (mg)	1900mg	284mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.



Make it saucy

- Reduce heat to low, then to the meatballs, add **garlic** and cook until fragrant, **1 minute**.
- Add **tomato sugo**, the **brown sugar**, the **butter** and a splash of **water**, tossing **meatballs** to coat. Cook until slightly thickened, **1-2 minutes**.



Get prepped

- Meanwhile, finely chop **garlic**.
- In a medium bowl, combine **beef mince**, **garlic & herb seasoning**, **fine breadcrumbs**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small **meatballs** (4-5 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs! Be sure to wash your hands well afterwards.



Heat the buns

- Slice **hot dog buns** in half lengthways, three-quarters of the way through and bake directly on a wire oven rack until heated through, **2-3 minutes**.
- Meanwhile, thinly slice **pear**.
- In a medium bowl, combine **pear**, **spinach & rocket mix** and a drizzle of the **balsamic vinegar** and **olive oil**.



Cook the meatballs

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Add **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).

TIP: For best results, drain the oil from the pan before cooking the sauce.



Serve up

- Divide Italian meatballs between the buns.
- Spoon over the remaining sugo and top with **Parmesan cheese**.
- Serve with fries, **mayonnaise**, salad and any remaining meatballs. Enjoy!

Little cooks: Add the finishing touch by sprinkling the cheese on top.

Custom Recipe: If you've doubled your Parmesan cheese, top with Parmesan cheese as above.

Rate your recipe

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