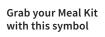


Oven-Baked Italian Beef Meatball Subs

with Potato Fries & Parmesan-Pear Salad

TAKEAWAY FAVES

KID FRIENDLY















Beef Mince

Garlic & Herb Seasoning





Fine Breadcrumbs

Tomato Sugo







Hot Dog



Spinach & Rocket



Parmesan Cheese



Mayonnaise



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!



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

ingi calcino			
	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 Bosins		

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



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.



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.



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.



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.



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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