



Oven-Baked Italian Beef Meatball Subs

with Pre-Cut Fries & Parmesan-Pear Salad

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato Fries



Beef Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Tomato Sugo



Garlic Paste



Hot Dog Bun



Pear



Spinach & Rocket Mix



Parmesan Cheese



Mayonnaise



Diced Bacon

Prep in: 10-20 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 · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato fries	1 medium packet	1 large packet
beef mince	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	2 medium sachets
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
tomato sugo	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
garlic paste	1 packet	2 packets
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)
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3965kJ (948Cal)	601kJ (144Cal)
Protein (g)	50.1g	7.6g
Fat, total (g)	44.7g	6.8g
- saturated (g)	19.1g	2.9g
Carbohydrate (g)	82g	12.4g
- sugars (g)	19.5g	3g
Sodium (mg)	1821mg	276mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4354kJ (1040Cal)	618kJ (147Cal)
Protein (g)	57.1g	8.1g
Fat, total (g)	51.5g	7.3g
- saturated (g)	21.6g	3.1g
Carbohydrate (g)	82.8g	11.8g
- sugars (g)	20g	2.8g
Sodium (mg)	2250mg	319mg

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](https://www.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



1



Bake the fries

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

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

4



Make it saucy

- Remove baking dish from oven and add **tomato sugo**, the **brown sugar**, the **butter**, **garlic paste** and a splash of **water**.
- Gently turn **meatballs** to coat, then bake until sauce is slightly thickened, a further **8-10 minutes**.

Custom Recipe: Add cooked diced bacon to the baking dish with the tomato sugo.

2



Get prepped

- Meanwhile, 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 baking dish.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

5



Heat the buns

- When meatballs have **5 minutes** remaining, 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**.

3



Bake the meatballs

- To the baking dish with **meatballs**, drizzle with **olive oil** and turn to coat.
- Bake until browned, **15-20 minutes**.

Custom Recipe: If you've added diced bacon, while the meatballs are baking, place a large frying pan over medium-high heat with a drizzle of olive oil. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Remove from heat.

6



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.

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