



Buffalo Meatball Sub

with Bacon Nachos & Tomato Salsa

TASTE TOURS

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweetcorn



Diced Bacon



Brown Onion



Tomato



Cucumber



Coriander



Mini Flour Tortillas



Beef Mince



Fine Breadcrumbs



All-American Spice Blend



BBQ Sauce



Cheddar Cheese



Hot Dog Buns



Pickled Jalapeños (Optional)



Light Sour Cream

Prep in: 20-30 mins
Ready in: 25-35 mins

This loaded sub has incredible flavour to match its incredible size. Coated in a saucy mixture of onion and BBQ sauce, you'll never have meatballs any other way again!

Pantry items

Olive Oil, Egg, White Wine 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

Large frying pan · Oven tray lined with baking paper · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 tin (125g)	1 tin (300g)
diced bacon	1 packet (90g)	1 packet (180g)
brown onion	1	1
tomato	1	2
cucumber	1	2
coriander	1 bag	1 bag
mini flour tortillas	6	12
beef mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
All-American spice blend	1 medium sachet	1 large sachet
BBQ sauce	2 packets	4 packets
Cheddar cheese	1 medium packet	1 large packet
hot dog buns	2	4
white wine vinegar*	drizzle	drizzle
pickled jalapeños (optional)	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4864kJ (1163Cal)	642kJ (153Cal)
Protein (g)	62g	8.2g
Fat, total (g)	49.7g	6.6g
- saturated (g)	23g	3g
Carbohydrate (g)	110.3g	14.5g
- sugars (g)	38.4g	5.1g
Sodium (mg)	2706mg	357mg

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.

Fancy a beer?

We recommend pairing this meal with Blonde Ale or Pale Lager

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Drain **sweetcorn**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **diced bacon** and **corn**, breaking up bacon with a spoon, until golden, **6-7 minutes**. Transfer to a bowl.
- Meanwhile, thinly slice **brown onion**. Roughly chop **tomato**, **cucumber** and **coriander**.
- Slice **mini flour tortillas** into quarters.
- Spread **tortillas** over a lined oven tray (don't worry if they overlap).
- Drizzle with **olive oil** and season with **salt**. Bake until lightly golden and crisp, **8-10 minutes**.



Make the nachos

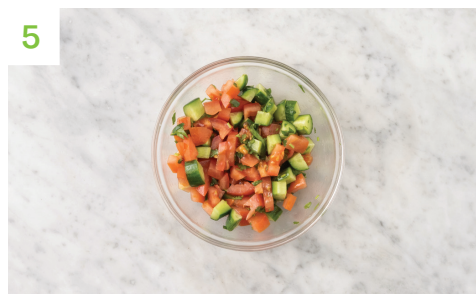
- While the meatballs are cooking, place **tortilla chips** in a baking dish.
- Sprinkle over **bacon**, **corn** and **Cheddar cheese**. Bake in the oven until the cheese is melted, **5-8 minutes**.
- Meanwhile, slice **hot dog buns** in half lengthways, three-quarters of the way through.
- Place **buns** on an oven wire rack and bake for **2-3 minutes** or until heated through.



Prep the meatballs

- While the tortilla chips are baking, in a medium bowl, combine **beef mince**, **fine breadcrumbs**, the **egg** and **All-American spice blend**.
- Using damp hands, shape heaped spoonfuls of **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! Make sure to wash your hands well afterwards.



Make the salsa

- In a second medium bowl, combine **tomato**, **cucumber**, **coriander** and a drizzle of the **white wine vinegar** and **olive oil**. Season.
- **SPICY!** The **jalapeños** are hot, use less if you're sensitive to heat. Divide **meatballs** between **hot dog buns**. Spoon over **onion** and sauce from the pan. Top with **pickled jalapeños** (if using).



Cook the meatballs

- Return frying pan to a medium-high heat with a drizzle of **olive oil**.
- Add **meatballs** and cook, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- In the last **5 minutes** of cook time, add **onion** and cook, stirring, until tender.
- Remove pan from the heat and add **BBQ sauce** and a drizzle of **water**. Turn **meatballs** to coat.



Serve up

- Bring everything to the table to serve.
- Help yourself to the buffalo meatball subs, bacon nachos and tomato salsa.
- Serve with the **light sour cream**. Enjoy!

Rate your recipe

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