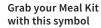


# One-Dish Baked Pork Meatballs & Toasted Ciabatta

with Parmesan Cheese & Cherry Tomato Salad

KID FRIENDLY











Fine Breadcrumbs

Bake-At-Home Ciabatta

Passata



Garlic Paste

Chicken-Style Stock Powder

Carrot

**Snacking Tomatoes** 

Deluxe Salad



Parmesan Cheese





Prep in: 15-25 mins Ready in: 30-40 mins

Tonight's pork meatballs are cooked strictly in the oven, meaning minimal elbow work and maximum flavour! With toasted ciabatta and a bright salad to serve, you've got ample bread to soak up the gorgeous tomato sauce and salad for the perfect palate cleanser.

Olive Oil, Egg, Butter, Brown Sugar, Vinegar (White Wine or Balsamic)

### 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

Medium baking dish

# Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
pork mince	1 small packet	2 small packets OR 1 large packet		
Aussie spice blend	1 medium sachet	1 large sachet		
fine breadcrumbs	1 medium packet	1 large packet		
egg*	1	2		
bake-at-home ciabatta	1	2		
garlic paste	1 packet	2 packets		
butter*	40g	80g		
passata	1 box	2 boxes		
chicken-style stock powder	½ sachet	1 sachet		
brown sugar*	1 tsp	2 tsp		
snacking tomatoes	1 punnet	2 punnets		
carrot	1	2		
deluxe salad mix	1 medium bag	1 large bag		
vinegar* (white wine or balsamic)	drizzle	drizzle		
Parmesan cheese	1 medium packet	1 large packet		
beef mince**	1 small packet	2 small packets		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3222kJ (770Cal)	546kJ (130Cal)
Protein (g)	41.9g	7.1g
Fat, total (g)	39.8g	6.7g
- saturated (g)	19.8g	3.4g
Carbohydrate (g)	58.1g	9.9g
- sugars (g)	15.4g	2.6g
Sodium (mg)	1858mg	315mg

OR 1 large packet

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3249kJ (777Cal)	<b>551kJ</b> (132Cal)
Protein (g)	45.4g	7.7g
Fat, total (g)	38.9g	6.6g
- saturated (g)	20.3g	3.4g
Carbohydrate (g)	58.1g	9.9g
- sugars (g)	15.4g	2.6g
Sodium (mg)	1859mg	315mg

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.



#### Cook the meatballs

- Preheat oven to 240°C/220°C fan-forced.
- In a medium bowl, combine pork mince, Aussie spice blend, fine breadcrumbs and the egg.
- Using damp hands, roll heaped spoonfuls of pork mixture into small meatballs (4-5 per person).
- Transfer meatballs to a medium baking dish. Drizzle with olive oil and turn to coat. Bake until browned, 15-20 minutes.

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

**Custom Recipe:** If you've swapped to beef mince, prepare and cook beef meatballs in the same way as the pork meatballs.



# Make the salad

- While the meatballs are in the oven, halve **snacking tomatoes**.
- Grate carrot.
- In a second medium bowl, combine deluxe salad leaves, snacking tomatoes, carrot and a drizzle of vinegar and olive oil. Season to taste.

**Little cooks:** Take the lead by tossing the salad!



# Make it saucy

- While the meatballs are baking, slice bake-at-home ciabatta in half lengthways.
- In a heatproof bowl, combine half the butter and half the garlic paste.
  Microwave in 10 second bursts or until melted. Season with salt. Brush garlic butter over the cut sides of the ciabatta.
- Remove meatballs from oven, then add passata, chicken-style stock powder (see ingredients), the brown sugar and remaining garlic paste and butter. Turn meatballs to coat, then bake until sauce is slightly thickened, a further 8-10 minutes.
- Meanwhile, place ciabatta directly on an oven rack and bake until golden,
  6-7 minutes.

**Custom Recipe:** Continue cooking the beef meatballs in the same way as above.



# Serve up

- Divide oven baked pork meatballs and cherry tomato salad between bowls.
- Top meatballs with **Parmesan cheese**. Serve with toasted ciabatta. Enjoy!

**Custom Recipe:** Divide oven baked beef meatballs as above.

