



Buffalo Beef Meatball Sub

with Bacon Nachos & Tomato Salsa

TASTE TOURS

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweetcorn



Brown Onion



Tomato



Cucumber



Coriander



Fine Breadcrumbs



All-American Spice Blend



BBQ Sauce



Corn Chips



Hot Dog Bun



Diced Bacon



Beef Mince



Shredded Cheddar Cheese



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

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	½ large tin	1 large tin
diced bacon	1 packet (90g)	1 packet (180g)
brown onion	1	2
tomato	1	2
cucumber	1	2
coriander	1 bag	1 bag
beef mince	1 small packet	1 medium 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
corn chips	½ large packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
hot dog bun	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)	4601kJ (1100Cal)	646kJ (154Cal)
Protein (g)	57.9g	8.1g
Fat, total (g)	52g	7.3g
- saturated (g)	22.1g	3.1g
Carbohydrate (g)	94.6g	13.3g
- sugars (g)	36.7g	5.2g
Sodium (mg)	2488mg	350mg

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



Get prepped

- Preheat oven to **200°C/180°C fan-forced**. Drain **sweetcorn** (see ingredients).
- 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**.



Make the nachos

- While the meatballs are cooking, place **corn chips** (see ingredients) in a medium baking dish.
- Sprinkle over **bacon, corn** and **shredded cheddar cheese**. Bake in the oven until the cheese is melted, **5-8 minutes**.
- Meanwhile, slice **hot dog buns** in half lengthways, 3/4 of the way through.
- Place on an wire oven rack and bake until heated through, **2-3 minutes**.

Little cooks: Take the lead and help assemble the nachos!



Prep the meatballs

- In a medium bowl, combine **beef mince, fine breadcrumbs**, the **egg** and **All-American spice blend**.
- Using damp hands, take a heaped spoonful of **mixture** and shape into a small meatball.
- Transfer to a plate and repeat with remaining mixture to make around 4-5 meatballs per person.

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



Cook the meatballs

- Return frying pan to 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 **light sour cream**. Enjoy!

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