CHEESY AMERICAN BEEF MEATBALLS
with Garlic Bread

Master homemade garlic bread

Brown Onion

Garlic

Carrot

Green Beans

Beef Mince

All-American Spice Blend

Fine Breadcrumbs

Tomato Paste

Diced Tomatoes

BBQ Sauce

Beef Stock

Shredded Cheddar Cheese

Bake-At-Home Ciabatta

Pantry Staples: Olive Oil, Eggs, Butter

Hands-on: 50 mins
Ready in: 50 mins

One bite of this meal and you'll think your mind is playing tricks on you. The rich combination of tender beef meatballs and a tomato-BBQ sauce tastes just like a classic cheeseburger, except all baked together in a comforting dish. Add some bright green beans for crunch and garlic bread to mop up the sauce and this will quickly become a family favourite.

BEFORE YOU —
START
Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium baking dish** • **large frying pan**

1 GET PREPPED
Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled), or finely chop if you'd prefer. Trim the **green beans**.

2 MAKE THE MEATBALLS
In a medium bowl, combine the **beef mince**, **eggs**, **All-American spice blend** and **fine breadcrumbs**. Season with **salt** and **pepper** and combine well. Using damp hands, shape heaped spoonfuls of mixture into meatballs and set aside on a plate. In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the meatballs and cook, turning occasionally, for **4-5 minutes**, or until browned. Transfer to a medium baking dish and set aside. **TIP:** *If your pan is getting crowded, cook in batches for the best results!*

3 BAKE THE MEATBALLS
Return the frying pan to a medium heat with a **drizzle** more **olive oil** if needed. Add the **onion** and **carrot** and cook for **3-4 minutes** or until softened. Add **1/2** the **garlic** and cook for **30 seconds** or until fragrant. Add the **tomato paste** and cook for **1-2 minutes**. Add the **diced tomatoes**, **BBQ sauce**, **1/2** the **butter** and crumble in the **beef stock** cubes. Bring to a simmer and season to taste with **salt** and **pepper**. Pour the sauce over the meatballs in the baking dish and sprinkle with the **shredded Cheddar cheese**. Bake for **10 minutes** or until melted.

4 MAKE THE GARLIC BREAD
While the meatballs are baking, slice the **bake-at-home ciabatta** in half lengthways, then slice each half across the diagonal. Place the **remaining butter** and **garlic** into a small bowl and microwave in **10 second bursts** or until melted. Season with **salt** and **pepper**. Brush the garlic butter over the cut-side of the ciabatta pieces and place directly onto the wire racks in the oven. Bake for **5 minutes** or until golden.

5 COOK THE BEANS
While the bread is baking, wash out the frying pan and return to a medium-high heat. Add the **green beans** and a **dash** of **water**. Cook for **3-4 minutes** or until just tender. Remove from the heat and season with **salt** and **pepper**. **TIP:** *There's no need for oil, the water helps them steam!*

6 SERVE UP
Divide the American beef meatballs, garlic bread and green beans between plates. Spoon over any excess sauce from the baking dish.

TIP: *For kids, follow our serving suggestion in the main photo!*

ENJOY!

4-5 PEOPLE —
INGREDIENTS

	4-5P
*olive oil**	refer to method
brown onion	2
garlic	8 cloves
carrot	2
green beans	1 bag (200 g)
beef mince	1 packet
*eggs**	2
All-American spice blend	2 sachets
fine breadcrumbs	1 packet
tomato paste	1 sachet
diced tomatoes	2 tins
BBQ sauce	2 tubs (80 g)
*butter**	100 g
beef stock	2 cubes
shredded Cheddar cheese	1 packet (100 g)
bake-at-home ciabatta	2

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3630kJ (867Cal)	497kJ (119Cal)
Protein (g)	47.8g	6.6g
Fat, total (g)	42.8g	5.9g
- saturated (g)	23.9g	3.3g
Carbohydrate (g)	67.8g	9.3g
- sugars (g)	29.6g	4.1g
Sodium (g)	1850mg	254mg

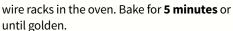For allergens and ingredient information, visit
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