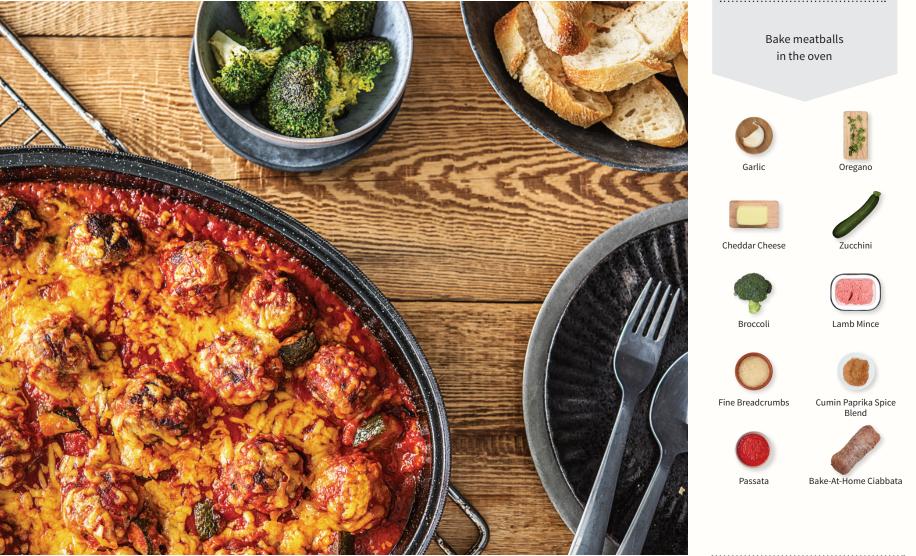


# **BAKED OREGANO LAMB & TOMATO SAUCE MEATBALLS**

with Cheddar Cheese and Crusty Ciabatta





Pantry Staples: Olive Oil, Egg, Sugar, Salt

Hands-on: 35 mins Ready in: 40 mins The trick to keeping meatballs from drying out is a fabulous sauce, and once you've mastered how to perfectly balance the flavours in yours you'll never look back.

## **BEFORE YOU** STAR

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, box grater, medium bowl, wooden spoon, plate, large frying pan, medium baking dish and a medium frying pan.



### **GET PREPPED**

Preheat the oven to 240°C/220°C fanforced. Peel and finely slice the garlic. Pick and finely chop the oregano leaves. Grate the Cheddar cheese. Chop the zucchini into 1 cm chunks. Chop the **broccoli** into small florets and cut the stalk into 1 cm pieces.

**TIP:** Cutting the veggies small ensures they cook in the allocated time.



**PREP THE MEATBALLS** In a medium bowl, combine the **lamb** mince, fine breadcrumbs, egg, cumin paprika spice blend and salt (use suggested amount) and mix well. Take 1 tbs of the lamb mixture and shape into a small meatball. Set aside on a plate and repeat with the remaining mixture (you should get about 20 meatballs).



### **COOK THE MEATBALLS**

Heat a drizzle of olive oil in a large frying pan over a medium-high heat. Add the lamb meatballs and cook for 5-7 minutes, or until browned (the meatballs will finish cooking in step 4). Transfer the meatballs to a medium baking dish and set aside. \* **TIP:** If your pan is ovenproof, set the meatballs aside on a plate and return to the pan in step 4.

4-5 PEOPLE		
INGR	EDII	ENTS

	4-5P
olive oil*	refer to method
garlic	2 cloves
oregano	1 bunch
Cheddar cheese	<b>1 block</b> (100 g)
zucchini	1
broccoli	1
lamb mince	1 packet
fine breadcrumbs	<b>1 packet</b> (½ cup)
egg*	1
cumin paprika spice blend	1 sachet (2 tsp)
salt*	½ tsp
passata	<b>1 box</b> (500 g)
sugar*	1 tsp
bake-at-home ciabatta	2
* Develop + Uterree	

\*Pantry Items

### NUTRITION PER SERVING **PER 100G** 2330kJ (557Cal) 475kJ (113Cal) Energy (kJ) 10.0g Protein (g) 48.9g Fat, total (g) 22.4g 4.6g 11.2g 2.3g saturated (g) 35.9g 7.3g Carbohydrate (g) 8.0g 1.6g sugars (g) 745mg 152mg Sodium (g)

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

**ADD THE SAUCE** Add a drizzle of olive oil (if needed) to the same large frying pan. Add the garlic, oregano and zucchini and cook for **1-2 minutes**, or until fragrant. Add the passata and sugar and bring to the boil. **TIP:** Adding a touch of sugar to your sauce balances out the acidity from the tomatoes. Season to taste with a pinch of salt and pepper. Pour the sauce over the meatballs in the baking dish and sprinkle with the grated **Cheddar cheese**. Place the baking dish in the oven for 10 minutes, or until the cheese is melted and golden.

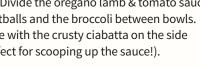


COOK THE BROCCOLI While the meatballs are baking, place the bake-at-home ciabatta directly onto the wire rack in the oven and bake for **10-12 minutes**. or until crusty on the outside and steaming hot on the inside.

Add a **drizzle** of **olive oil** to a medium pan over a medium-high heat. Add the broccoli florets and stalks and cook for 6-7 minutes, or until tender. \* TIP: Add a dash of water to the pan with the broccoli to speed up the cooking process. Season to taste with a pinch of salt and **pepper**.

**SERVE UP** Divide the oregano lamb & tomato sauce meatballs and the broccoli between bowls. Serve with the crusty ciabatta on the side (perfect for scooping up the sauce!).

## ENJOAi



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