



# BAKED OREGANO LAMB & TOMATO SAUCE MEATBALLS

with Cheddar Cheese and Crusty Ciabatta



Bake meatballs  
in the oven



Garlic



Oregano



Cheddar Cheese



Zucchini



Broccoli



Lamb Mince



Fine Breadcrumbs



Cumin Paprika Spice Blend



Passata



Bake-At-Home Ciabatta



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.

**Pantry Staples:** Olive Oil, Egg, Sugar, Salt



## BEFORE YOU START

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**.



### 1 GET PREPPED

Preheat the oven to **240°C/220°C fan-forced**. 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.



### 2 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).



### 3 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 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.



### 5 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**.



### 6 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!).

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

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

\*Pantry Items

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

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

2018 | WK1 | F

