



OVEN-BAKED LAMB MEATBALLS IN CHEESY TOMATO SAUCE

with Crusty Ciabatta Bread



Bake your meatballs for extra tenderness



Broccoli



Zucchini



Lamb Mince



Oregano



Garlic



Fine Breadcrumbs



Cumin Paprika Spice Blend



Passata



Grated Cheddar Cheese



Bake-At-Home Ciabatta



Hands-on: 35 mins

Ready in: 40 mins

The trick to super tender meatballs? Baking them of course! It allows for plenty of moisture and flavour to stay in your meatballs where they belong. Cheddar cheese and crusty ciabatta loaf add an indulgent touch to this Greek-inspired dish.

Pantry Staples: Olive Oil, Egg, Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, 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. 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 to the correct size ensures they cook in the allocated time.*



2 PREP THE MEATBALLS

In a medium bowl, combine the **lamb mince, fine breadcrumbs (use suggested amount), 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 continue 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 COOK 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. Season to taste with a **pinch of salt and pepper**. **TIP:** *Adding a touch of sugar to your sauce balances out the acidity from the tomatoes.* Pour the sauce over the meatballs in the baking dish and sprinkle with the **grated Cheddar cheese**. Place the meatballs in the oven to cook for **10 minutes**, or until the cheese is melted and golden.



5 COOK THE BROCCOLI

While the meatballs are cooking, 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 frying pan over a medium-high heat. Add the **broccoli** 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 oven-baked lamb meatballs and the broccoli between bowls. Serve with the crusty ciabatta bread 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
zucchini	2
broccoli	2 heads
lamb mince	1 packet
fine breadcrumbs	½ packet (¼ cup)
egg*	2
cumin paprika spice blend	1 sachet (2 tsp)
salt*	½ tsp
passata	1 carton (500 g)
sugar*	2 tsp
grated Cheddar cheese	1 packet (100 g)
bake-at-home ciabatta	2

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2430kJ (581Cal)	389kJ (93Cal)
Protein (g)	53.8g	8.6g
Fat, total (g)	23.7g	3.8g
- saturated (g)	11.5g	1.9g
Carbohydrate (g)	32.4g	5.2g
- sugars (g)	10.1g	1.6g
Sodium (g)	1100mg	175mg

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

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

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