

CHEESY BAKED OREGANO LAMB MEATBALLS

with Broccoli





Bake your meatballs in sauce for extra tenderness







Oregano









Lamb Mince



Oregano Citrus Spice Blend





Fine Breadcrumbs

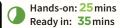


Shredded Cheddar Cheese



Bake-At-Home Ciabatta

Pantry Staples: Olive Oil, Eggs, Sugar



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 a crusty ciabatta loaf add an indulgent touch to this cosy dish.

START

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



■ GET PREPPED
Preheat the oven to 240°C/220°C fanforced. Thinly slice the garlic. Pick and finely chop the oregano leaves. Cut the zucchini into 1cm chunks. Chop the broccoli into small florets and cut the stalk into 1cm pieces.

■ TIP: Cut the veggies to the correct size so they cook in the allocated time.



PREP THE MEATBALLS
In a medium bowl, combine the lamb
mince, egg, oregano citrus spice blend (see
ingredients list), salt (see ingredients list)
and 1/2 the fine breadcrumbs. Take 1 tbs
of the lamb mixture and shape into a small
meatball. * TIP: Use wet hands when shaping
the meatballs to prevent the mixture from
sticking! Set aside on a plate and repeat with
the remaining mixture (you should get about
5 meatballs per person).



COOK THE MEATBALLS
In a large frying pan, heat a drizzle of olive
oil over a medium-high heat. Once hot, 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.



Return the pan to a medium-high heat with a drizzle of olive oil (if needed). Add the garlic, oregano and zucchini and cook for 1-2 minutes, or until fragrant. Add the passata (see ingredients list) and sugar and bring to the boil. Season to taste with salt and pepper. Pour the sauce over the meatballs in the baking dish and sprinkle with the remaining fine breadcrumbs and the shredded Cheddar cheese. Bake for 10 minutes, or until the cheese is melted.



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

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



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

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
oregano	1 bunch	1 bunch
zucchini	1	2
broccoli	1 head	2 heads
lamb mince	1 packet	1 packet
eggs*	1	2
oregano citrus spice blend	½ sachet	1 sachet
salt*	1/4 tsp	½ tsp
fine breadcrumbs	1 packet	2 packets
passata	½ carton (250 g)	1 carton (500 g)
sugar*	1 tsp	2 tsp
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
bake-at-home ciabatta	1	2

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3170kJ (757Cal)	463kJ (111Cal)
Protein (g)	58.9g	8.6g
Fat, total (g)	24.5g	3.6g
- saturated (g)	11.7g	1.7g
Carbohydrate (g)	67.8g	9.9g
- sugars (g)	12.0g	1.8g
Sodium (g)	1580mg	231mg

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

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