



CHEESY BAKED OREGANO LAMB MEATBALLS

with Broccoli



Bake your meatballs
in sauce for
extra tenderness



Garlic



Oregano



Zucchini



Broccoli



Lamb Mince



Oregano Citrus
Spice Blend



Fine Breadcrumbs



Passata



Shredded Cheddar
Cheese



Bake-At-Home
Ciabatta

Hands-on: **25** mins
Ready in: **35** 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 a crusty ciabatta loaf add an indulgent touch to this cosy dish.

Pantry Staples: Olive Oil, Eggs, 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, plate, large frying pan, tongs** and **medium baking dish**.



1 GET PREPPED

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



2 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).



3 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.



4 COOK THE SAUCE

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.



5 COOK THE BROCCOLI

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**.



6 SERVE UP

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

ENJOY!

2 | 4 PEOPLE 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*	¼ 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](https://www.hellofresh.com.au/foodinfo)

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