



Saucy Italian Beef Meatball Sub

with Parmesan & Fries

TAKEAWAY FAVES

KID FRIENDLY

Grab your meal kit with this number

3



Potato



Garlic



Beef Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Tomato Sugo



Hot Dog Buns



Pear



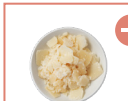
Spinach & Rocket Mix



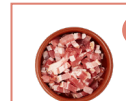
Parmesan Cheese



Mayonnaise



Parmesan Cheese



Diced Bacon

Prep in: 25-35 mins
Ready in: 30-40 mins

The sub sandwich is the king of sandwiches. Packed to bursting with saucy meatballs and sprinkled in Parmesan cheese, this particular sub wears the crown with ease and grace. We bow before the might of this delicious meal!

Pantry items

Olive Oil, Egg, Brown Sugar, Butter, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
beef mince	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
tomato sugo	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
hot dog buns	2	4
pear	½	1
spinach & rocket mix	1 medium packet	2 medium packets
balsamic vinegar*	drizzle	drizzle
Parmesan cheese	1 medium packet	1 large packet
mayonnaise	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4815kJ (1150Cal)	696kJ (166Cal)
Protein (g)	59.5g	8.6g
Fat, total (g)	58.6g	8.5g
- saturated (g)	29.5g	4.3g
Carbohydrate (g)	101.6g	14.7g
- sugars (g)	27.1g	3.9g
Sodium (mg)	1957mg	283mg
Dietary Fibre (g)	14.3g	2.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW08



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Make it saucy

- Reduce heat to low, then add **garlic** and cook until fragrant, **1 minute**.
- Add **tomato sugo**, the **brown sugar**, **butter** and a splash of **water**, tossing **meatballs** to coat. Cook until slightly thickened, **1-2 minutes**.



Get prepped

- Meanwhile, finely chop **garlic**.
- In a medium bowl, combine **beef mince**, **garlic & herb seasoning**, **fine breadcrumbs**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!



Heat the buns & toss the salad

- Slice **hot dog buns** in half lengthways, three quarters of the way through and bake directly on a wire oven rack until heated through, **2-3 minutes**.
- Meanwhile, thinly slice **pear** (see ingredients).
- In a second medium bowl, combine **pear**, **spinach & rocket mix** and a drizzle of the **balsamic vinegar** and **olive oil**.

Little cooks: Take the lead by tossing the salad!



Cook the meatballs

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Add **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).

TIP: For best results, drain the oil from the pan before cooking the sauce.



Finish & serve

- Divide some pear salad and Italian meatballs between the buns.
- Spoon over the remaining sugo and top with **Parmesan cheese**.
- Serve with fries, **mayonnaise** and any remaining salad and meatballs. Enjoy!

Little cooks: Add the finishing touch by sprinkling the cheese on top.

CUSTOM OPTIONS

+ **DOUBLE PARMESAN CHEESE**
Follow method above.

+ **ADD DICED BACON**
Before cooking meatballs, cook bacon, breaking up with a spoon, until browned 4-5 minutes. Transfer to a bowl and sprinkle over meatballs to serve.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

