



CHEESY AMERICAN BEEF MEATBALLS

with Green Beans & Garlic Bread



Master homemade
garlic bread



Brown Onion



Garlic



Carrot



Green Beans



Beef Mince



All-American
Spice Blend



Fine Breadcrumbs



Tomato Paste



Diced Tomatoes



BBQ Sauce



Beef Stock



Shredded Cheddar
Cheese



Bake-At-Home
Ciabatta

Hands-on: 45 mins
Ready in: 45 mins

One bite of this meal and you'll think your mind is playing tricks on you. The rich combination of tender beef meatballs and a tomato-BBQ sauce tastes just like a classic cheeseburger, except all baked together in a comforting dish. Add some bright green beans for crunch and garlic bread to mop up the sauce and this will quickly become a favourite.

Pantry Staples: Olive Oil, Eggs, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large frying pan** • **medium baking dish**



1 GET PREPPED

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Trim the **green beans**. Grate the **carrot** (unpeeled), or finely chop if you'd prefer.



2 MAKE THE MEATBALLS

In a medium bowl, combine the **beef mince, egg, All-American spice blend** and **fine breadcrumbs** (see ingredients list). Season with **salt** and **pepper** and combine. Using damp hands, shape heaped spoonfuls of the mixture into meatballs and place on a plate. You should get around 4-6 meatballs per person. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the meatballs and cook, turning occasionally, for **4-5 minutes**, or until browned. Transfer to a medium baking dish.



3 BAKE THE MEATBALLS

Return the frying pan to a medium heat with a **drizzle** more **olive oil** if needed. Add the **onion** and **carrot** and cook for **3-4 minutes** or until softened. Add **1/2** the **garlic** and cook for **30 seconds** or until fragrant. Add the **tomato paste** (see ingredients list) and cook for **1-2 minutes**. Add the **diced tomatoes, BBQ sauce, 1/2** the **butter** and crumbled **beef stock** (**1 cube for 2 people / 2 cubes for 4 people**). Bring to a simmer and season with **salt** and **pepper**. Pour the sauce into the baking dish and top with the **shredded Cheddar cheese**. Bake for **10 minutes** or until melted.



4 MAKE THE GARLIC BREAD

While the meatballs are baking, slice the **bake-at-home ciabatta** in half lengthways, then slice each half across the diagonal. Place the **remaining butter** and **garlic** in a small bowl and microwave in **10 second** bursts or until melted. Season with **salt** and **pepper**. Brush the garlic butter over the cut side of the ciabatta pieces and place directly onto the wire racks in the oven. Bake for **5 minutes** or until golden.



5 COOK THE BEANS

While the bread is baking, wash out the frying pan and return to a medium-high heat. Add the **green beans** and a **dash of water**. Cook for **3-4 minutes** or until just tender. Remove from the heat and season with **salt** and **pepper**. **TIP:** *There's no need for oil, the water helps them steam!*



6 SERVE UP

Divide the American beef meatballs, garlic bread and green beans between plates. Spoon over any excess sauce from the baking dish.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	4 cloves	8 cloves
green beans	1 bag (100 g)	1 bag (200 g)
carrot	1	2
beef mince	1 packet	1 packet
eggs*	1	2
All-American spice blend	1 sachet	2 sachets
fine breadcrumbs	½ packet	1 packet
tomato paste	½ sachet	1 sachet
diced tomatoes	1 tin	2 tins
BBQ sauce	1 tub (40 g)	2 tubs (80 g)
butter*	50 g	100 g
beef stock	1 cube	2 cubes
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
bake-at-home ciabatta	1	2

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3630kJ (867Cal)	497kJ (119Cal)
Protein (g)	47.8g	6.6g
Fat, total (g)	42.8g	5.9g
- saturated (g)	23.9g	3.3g
Carbohydrate (g)	67.8g	9.3g
- sugars (g)	29.6g	4.1g
Sodium (g)	1850mg	254mg

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

Hello@HelloFresh.com.au

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