



# Cheesy Beef Meatball Sub & Fries

with Tomato & Veggie Sauce

Grab your Meal Kit with this symbol



Potato



Brown Onion



Garlic



Carrot



Celery



Beef Mince



Italian Herbs



Fine Breadcrumbs



Passata



Beef Stock Powder



Bake-At-Home Ciabatta



Spinach & Rocket Mix



Italian Dressing



Shredded Cheddar Cheese

Hands-on: 30-40 mins  
Ready in: 35-45 mins

This loaded sub has incredible flavour to match its incredible size. Coated in a saucy mixture of carrot, celery, garlic and tomatoes, you'll never want meatballs any other way again!

## Pantry items

Olive Oil, Egg, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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
brown onion	1	2
garlic	3 cloves	6 cloves
carrot	1	2
celery	1 stalk	2 stalks
beef mince	1 small packet	1 medium packet
Italian herbs	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
passata	1 boxes (200g)	2 boxes (400g)
water*	½ cup	¾ cup
beef stock powder	½ medium sachet	1 medium sachet
butter*	20g	40g
bake-at-home ciabatta	2	4
spinach & rocket mix	1 bag (60g)	1 bag (120g)
Italian dressing	½ packet	1 packet
shredded Cheddar cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4464kJ (1067Cal)	509kJ (122Cal)
Protein (g)	57g	6.5g
Fat, total (g)	41g	4.7g
- saturated (g)	18.1g	2.1g
Carbohydrate (g)	109.3g	12.5g
- sugars (g)	20.1g	12.5g
Sodium (mg)	1804mg	206mg

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



## Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries and place on a lined oven tray. Season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.



## Make the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil** if needed. Cook the **onion**, **carrot** and **celery** until just softened, **3-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **passata**, **water**, a good pinch of **brown sugar**, the **beef stock powder** (see ingredients), and the **butter** to the pan. Stir to combine.



## Get prepped

While the fries are baking, finely chop the **brown onion** and the **garlic**. Grate the **carrot**. Finely chop the **celery**. In a medium bowl, combine the **beef mince**, **Italian herbs**, the **salt**, **fine breadcrumbs**, **egg** and 1/2 the **garlic**. Season with **pepper** and mix well. Take 1 tbs of **mixture** and shape into a small meatball. Transfer to a plate and repeat with remaining mixture. You should get 4-5 meatballs per person.



## Finish the meatballs

Return the **meatballs** to the pan and stir to coat. Reduce heat to medium and simmer, stirring occasionally, until the meatballs are cooked through and the sauce has reduced, **6-8 minutes**. Season to taste. Meanwhile, place the **bake-at-home ciabatta** on an oven wire rack and bake for **5 minutes**, or until heated through.



## Brown the meatballs

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **meatballs**, tossing, for **3-4 minutes**, or until browned all over. Transfer to a plate.

**TIP:** The meatballs will continue cooking in step 5!



## Serve up

In a bowl, combine the **spinach & rocket mix** and **Italian dressing** (see ingredients). Slice each ciabatta in half. Divide the meatballs between ciabattas and spoon over some tomato and veggie sauce. Top with the **shredded Cheddar cheese** and the greens. Serve with the fries.

## Enjoy!