



# Cheesy Meatball Parmigiana

with Garlic Bread and Baby Gem Salad

Family 40 Minutes • 1 of your 5 a day

10



-  Panko Breadcrumbs
-  Beef Mince
-  Grated Hard Italian Style Cheese
-  Finely Chopped Tomatoes with Onion and Garlic
-  Chicken Stock Paste
-  Dried Italian Herbs
-  Ciabatta
-  Garlic Clove
-  Apple Cider Vinegar
-  Cheddar Cheese
-  Baby Gem Lettuce

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Bowl, Frying Pan, Baking Tray, Plate and Spoon.

## Ingredients

	2P	3P	4P
Panko Breadcrumbs <b>13</b>	10g	15g	20g
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Beef Mince**	240g	360g	480g
Grated Hard Italian Style Cheese <b>7</b> <b>8</b> **	40g	65g	80g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ carton	2 cartons
Chicken Stock Paste	10g	15g	20g
Dried Italian Herbs <b>11</b> <b>13</b>	1 sachet	1 sachet	2 sachets
Ciabatta <b>11</b> <b>13</b>	1	1½	2
Garlic Clove	1	1	2
Olive Oil for the Garlic Bread*	2 tbsp	3 tbsp	4 tbsp
Apple Cider Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1 tbsp	2 tbsp
Cheddar Cheese <b>7</b> **	30g	45g	60g
Baby Gem Lettuce**	1	1½	2

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	467g	100g
Energy (kJ/kcal)	3049 / 729	652 / 156
Fat (g)	44	9
Sat. Fat (g)	17	4
Carbohydrate (g)	38	8
Sugars (g)	12	3
Protein (g)	44	10
Salt (g)	4.07	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

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 You can recycle me!



## Make the Meatballs

Preheat your oven to 200°C. Pop the **panko breadcrumbs** into a medium bowl. Add the **water for the breadcrumbs** (see ingredients for amount) and mix together. Add the **beef mince** and **half** of the **grated hard Italian style cheese**. Season with **pepper**. Using your hands, mix everything together until very well combined. Form the **mixture** into evenly sized **balls**, 4 per person. **IMPORTANT: Wash your hands and equipment after handling raw meat.**



## Get Cheesy

After your **meatballs** have simmered for 6-7 mins, remove the lid and continue to simmer gently until the **sauce** has thickened, a further 3-4 mins. Taste and season with **salt** and **pepper** if needed. Then take off the heat and transfer to an appropriately sized ovenproof dish. **IMPORTANT: The meatballs are cooked when no longer pink in the middle.** Grate the **Cheddar** and sprinkle it over, along with the remaining **grated hard Italian style cheese**.



## Sauce and Simmer

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **meatballs** and fry until browned all over, 5-6 mins. Drain and discard any excess fat from the **meatballs**. Pour in the **chopped tomatoes**, **chicken stock paste** and **half** of the **dried Italian herbs**. Stir together well, cover with a lid or foil, reduce the heat and simmer until the **meatballs** are cooked, 6-7 mins.



## Finish Up

Pop the **meatball parmigiana** onto the top shelf of your oven and bake until the **cheese** has melted and is bubbling, 5-6 mins. At the same time, lay your **garlic bread** onto a baking tray and put on the middle shelf to bake, until crisp and golden, 5-6 mins. While the **meatball parmigiana** and **garlic bread** bake, trim the root from the **baby gem lettuce** then separate the **leaves**. Add the **leaves** to the dressing bowl and mix well to coat.



## Make the Garlic Bread

Meanwhile, cut the **ciabatta** in half. Peel and grate the **garlic** (or use a garlic press). Pop the **garlic** into a small bowl, along with the remaining **dried Italian herbs** and the **olive oil for the garlic bread** (see ingredients for amount). Mix well to combine then spoon over the cut sides of the **ciabatta**. In another medium bowl, add the **cider vinegar** and **olive oil for the dressing** (see ingredients for both amounts). Season with **salt** and **pepper**, mix well and leave to one side. This is your **salad dressing**.



## Serve

Once the **meatball parmigiana** and **garlic bread** are ready, remove them from the oven. Cut the **garlic bread** into triangles. Spoon the **cheesy meatballs** onto your plates and serve with the **garlic bread** and **dressed baby gem salad** alongside.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.