



MAY
2016

Cheesy Meatball Subs

with Herby Marinara and Crispy Broccolini

What's better than a cheesy meatball sub? Tender meatballs simmer in an herby marinara for slow-cooked flavor in only 30 minutes!



Prep: 10 min
Total: 30 min



level 1



nut
free



Ground Beef



Po' Boy Rolls



Broccolini



Crushed
Tomatoes



Yellow Onions



Garlic



Basil



Mozzarella
Cheese



Italian
Seasoning



Lemon

Ingredients

		4 People
Ground Beef		20 oz
Po' Boy Rolls	1) 3)	4
Broccolini		12 oz
Crushed Tomatoes		1 Box
Yellow Onions		2
Garlic		4 Cloves
Basil		½ oz
Mozzarella Cheese	2)	1 Cup
Italian Seasoning		2 t
Lemon		1
Olive Oil*		4 t

*Not Included

Allergens

- 1) Wheat
- 2) Milk
- 3) Soy

Tools

Large pot, Medium bowl, Baking sheet

Ruler

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Nutrition per person Calories: 674 cal | Fat: 25 g | Sat. Fat: 10 g | Protein: 49 g | Carbs: 73 g | Sugar: 15 g | Sodium: 1019 mg | Fiber: 9 g

1



1 Prep the veggies: Wash and dry all produce. Preheat the oven to 400 degrees. Halve, peel, and finely dice the **onion**. Thinly slice the **garlic**. Finely chop **half the basil leaves**.

2



2 Make the marinara: Heat a large drizzle of **olive oil** in a large pot over medium heat. Add the **onion** and **garlic** and cook, tossing for 4-5 minutes, until soft. Set half the **onion mixture** aside in a medium bowl. Add **1 cup crushed tomatoes**, **1 ½ cups water**, the chopped **basil**, and **half the Italian seasoning** to the pot with the onion mixture. Bring to a simmer and season with **salt** and **pepper**.

3



3 Make the meatballs: Add the **ground beef** and the remaining **Italian seasoning** to the bowl with the reserved **onion mixture**. Season with **salt** (we used ¾ teaspoon kosher salt) and **pepper** and thoroughly combine with your hands. Form the mixture into **12 meatballs**. Place the meatballs into the simmering **marinara** and cover for 8 minutes, flipping halfway through cooking.

6



4 Roast the broccolini: Cut the **broccolini** into thirds and toss on a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 12 minutes, until slightly crispy.

5 Finish the meatballs: Uncover the **meatballs** and simmer until the **marinara** sauce is thickened and the meatballs are cooked through, approximately 3-4 minutes. Sprinkle the meatballs with the **mozzarella cheese** and cover again until the cheese has melted.

6 Finish and serve: Split the **po' boy rolls** and place in the oven to toast for 2-3 minutes. Cut the **lemon** into wedges. Place a large spoonful of **marinara** and **3 cheesy meatballs** inside each **roll** and finish with the remaining **basil leaves**. Squeeze some **lemon** over the **crispy broccolini** and serve alongside. Enjoy!

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