



Cheesy Meatball Parmigiana

with Herby Garlic Bread and Baby Gem Salad

Family 40 Minutes • 1 of your 5 a day

8



Onion



Garlic Clove



Panko Breadcrumbs



Beef Mince



Grated Hard Italian Style Cheese



Finely Chopped Tomatoes



Chicken Stock Paste



Dried Italian Herbs



Ciabatta



Apple Cider Vinegar



Unsalted Butter



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:

Grater, Bowl, Oven Dish, Garlic Press, Frying Pan, Baking Tray.

Ingredients

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

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	527g	100g
Energy (kJ/kcal)	3139 / 750	596 / 142
Fat (g)	46	9
Sat. Fat (g)	20	4
Carbohydrate (g)	39	7
Sugars (g)	14	3
Protein (g)	43	8
Salt (g)	2.79	0.53

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.

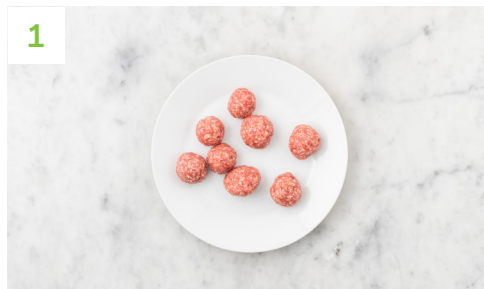
HelloFresh UK

Packed in the UK

The Fresh Farm

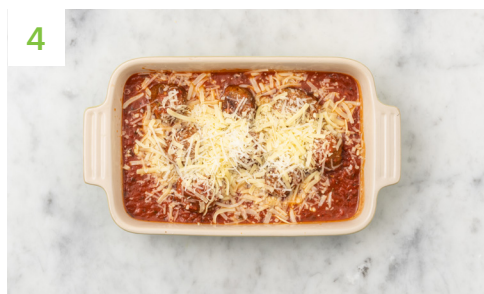
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You can recycle me!



Make the Meatballs

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Pop the **panko breadcrumbs** into a bowl. Add the **water for the meatballs** (see ingredients for amount) and mix together. Add the **beef mince** and **half the grated hard Italian style cheese**. Season with **salt** and **pepper**. Using your hands, mix everything together until well combined. Form the mixture into evenly sized balls, 4 per person. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Add the Cheese

Once the **sauce** has thickened, taste and season if needed. Stir in the **butter** until melted, then take off the heat. Once the **meatballs** are cooked, transfer to an ovenproof dish and pour over the **sauce**. Grate the **Cheddar cheese** and sprinkle over the top with the remaining **hard Italian style cheese**.



Start the Sauce

Pop the **meatballs** onto a large baking tray and bake on the top shelf of your oven until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle. Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **onion** to the pan and fry until golden, 4-5 mins. Stir in **half the garlic** and cook for 1 min. Add the **chopped tomatoes**, **chicken stock paste**, **sugar** (see ingredients for amount) and **half the dried Italian herbs** into the pan. Stir together well, then bring back to the boil and simmer until thickened, 3-4 mins.



Bake

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, bake the **garlic bread** on the middle shelf until crisp and golden, 5-6 mins. As they bake, trim the **baby gem** over separate the **leaves**. Add the **leaves** to the bowl of **dressing** and mix well to coat.



Make the Garlic Bread

Meanwhile, cut the **ciabatta** in half and pop onto a baking tray. Pop the remaining **garlic** into a small bowl, along with the **olive oil for the garlic bread** (see ingredients for amount) and remaining **Italian herbs**. 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 then set aside.



Finish & Serve

When ready, remove the **meatball parmigiana** and **garlic bread** from the oven. Cut the **garlic bread** into triangles. Spoon the **cheesy meatballs** onto your plates 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.