

# Italian Inspired Cheesy Pork Meatball Sub

with Veggie 'Nduja, Pesto, Chips and Salad

Street Food 35-45 Minutes • Mild Spice • 1 of your 5 a day



-  SlooOW Stone Oven White Baguette
-  Potatoes
-  Garlic Clove
-  Breadcrumbs
-  British Pork Mince
-  Mature Cheddar Cheese
-  Tomato Puree
-  Vegan 'Nduja
-  Baby Plum Tomatoes
-  Pesto
-  Baby Leaf Mix
-  Balsamic Glaze

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Baking tray, garlic press, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
SlooOW Stone Oven White Baguette <b>3) 11) 13)</b>	1	1½	2
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Breadcrumbs <b>13)</b>	10g	15g	20g
British Pork Mince**	240g	360g	480g
Mature Cheddar Cheese** <b>7)</b>	60g	90g	120g
Tomato Puree	30g	45g	60g
Vegan 'Nduja	¾ sachet	1 sachet	1½ sachet
Baby Plum Tomatoes	125g	190g	250g
Pesto** <b>7)</b>	32g	64g	64g
Baby Leaf Mix**	50g	75g	100g
Balsamic Glaze <b>14)</b>	12ml	18ml	24ml
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	645g	100g
Energy (kJ/kcal)	4395/1050	682/163
Fat (g)	65.3	10.1
Sat. Fat (g)	24.8	3.8
Carbohydrate (g)	75.8	11.8
Sugars (g)	13.8	2.1
Protein (g)	41.7	6.5
Salt (g)	3.60	0.56

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**3)** Sesame **7)** Milk **11)** Soya **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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## Get Cooking

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **bread** from the packaging and pop onto a baking tray. Bake on the top shelf of your oven until toasted and golden, 10-12 mins. Once baked, allow to cool, 5 mins.

Meanwhile, chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

Bake on the middle shelf until golden, 30-35 mins. Turn halfway through.



## Stir in the Meatballs

Once cooked, stir the **meatballs** through the **tomato sauce**.

Add the **butter** (see pantry for amount) and stir until melted, 1 min. Remove from the heat.

Halve the **baby plum tomatoes**.

Slice the **baguette** in half widthways and then slice each half lengthways to make **1 half baguette** per person.



## Make your Meatballs

Meanwhile, peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **garlic**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**. Season with **pepper** and mix together with your hands.

Roll into evenly-sized balls, 5 per person.

**IMPORTANT:** Wash your hands and equipment after handling raw mince.

Once your **baguette** is out of the oven, pop the **meatballs** onto another large baking tray and bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



## Cheese Please

Lay your **baguette halves** on one of the baking trays. Sprinkle over the **cheese** on the cut sides of the **lids**.

Bake on the middle shelf until the **cheese** has melted and the **bases** are lightly toasted, 2-3 mins, then remove from the oven.

Spoon the **meatballs** and **tomato sauce** over the **baguette bases**. Drizzle over the **pesto**, then sandwich shut with the **cheesy lids**.



## Simmer your Tomato Sauce

While the **meatballs** and **chips** are in the oven, grate the **Cheddar cheese**.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **tomato puree** and **vegan 'Nduja** (see ingredients for amount, add less if you'd prefer things milder). Fry, stirring vigorously, for 1 min.

Stir in the **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then simmer until thickened slightly, 2-3 mins.



## Finish and Serve

When everything's ready, plate up your **meatball subs**.

Share the **baby leaves** and **baby plum tomatoes** between your plates and drizzle over the **balsamic glaze**.

Serve with the **chips** and **mayo** (see pantry for amount) on the side for dipping.

Enjoy!