



Cheesy Meatball Parmigiana

with Herby Garlic Bread and Iceberg Lettuce Salad

Family 35-40 Minutes • 1 of your 5 a day

38



Garlic Clove



Grated Hard Italian Style Cheese



Breadcrumbs



British Beef Mince



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Paste



Mixed Herbs



Ciabatta



Mature Cheddar Cheese



Iceberg Lettuce



Cider Vinegar

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Garlic press, bowl, ovenproof dish, frying pan, baking tray and grater.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Grated Hard Italian Style Cheese** (7) 8)	20g	40g	40g
Breadcrumbs 13)	10g	15g	20g
British Beef Mince**	240g	360g	480g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Ciabatta 13)	1	1½	2
Mature Cheddar Cheese** 7)	30g	40g	60g
Iceberg Lettuce**	½	¾	1
Cider Vinegar 14)	15ml	15ml	30 ml
Pantry	2P	3P	4P
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Garlic Bread*	2 tbsp	3 tbsp	4 tbsp
Butter*	20g	30g	40g
Olive Oil for the Dressing*	1 tbsp	1 tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	494g	100g
Energy (kJ/kcal)	3258 /779	659 /157
Fat (g)	50.3	10.2
Sat. Fat (g)	20.8	4.2
Carbohydrate (g)	41.7	8.4
Sugars (g)	14.4	2.9
Protein (g)	42.1	8.5
Salt (g)	4.41	0.89

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 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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Make the Meatballs

Preheat your oven to 220°C/200°C fan/gas mark 7. Peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine **half** the **garlic**, **half** the **hard Italian style cheese**, the **breadcrumbs** and **water for the breadcrumbs** (see pantry for amount), then add the **beef mince**.

Season with **pepper** and mix together with your hands. Roll into even-sized balls, 5 per person.

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



Say Cheese

Once the **sauce** has thickened, taste and season if needed. Stir in the **butter** (see pantry for amount) until melted, then remove from the heat.

When the **meatballs** are cooked, remove from the oven and pour over the **tomato sauce**. Grate the **Cheddar** over the top and sprinkle with the remaining **hard Italian style cheese**.

Bake your **parmigiana** on the top shelf and the **garlic bread** on the middle shelf of your oven until both are golden, 5-6 mins.



Simmer your Tomato Sauce

Pop the **meatballs** into an ovenproof dish. When the oven is hot, 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.

Meanwhile, pop a large frying pan on medium-high heat (no oil).

Pour in the **chopped tomatoes**, **chicken stock paste**, **sugar** (see pantry for amount) and **half** the **mixed herbs**.

Stir together well, then bring back to the boil and simmer until thickened, 3-4 mins.



Salad Time

Meanwhile, trim the **iceberg lettuce** (see ingredients for amount), then separate the leaves. Tear into bite-sized pieces.

In another medium bowl, combine the **cider vinegar** and **olive oil for the dressing** (see pantry for amount), then season with **salt** and **pepper**.

Add the **iceberg** to the **dressing** and toss to coat.



Prep the Garlic Bread

While the **sauce** simmers, halve the **ciabatta** and pop onto a baking tray, cut-side up.

Pop the remaining **garlic** into a small bowl with the **olive oil for the garlic bread** (see pantry for amount) and remaining **mixed herbs**.

Mix well to combine, then spoon over the cut sides of the **ciabatta**.



Serve

When everything's ready, share the **meatball parmigiana** and **salad** between your plates.

Cut the **garlic bread** into triangles, then serve on the side.

Enjoy!