



Baked Cheesy American Meatballs

with Garlic Bread

Grab your Meal Kit
with this symbol



Brown Onion



Garlic



Carrot



Broccoli



Beef Mince



All-American Spice Blend



Fine Breadcrumbs



Tomato Paste



Chopped Tomatoes



BBQ Sauce



Beef Stock



Shredded Cheddar Cheese



Ciabatta

Pantry items

Olive Oil, Egg, Butter

Hands-on: 45-55 mins
Ready in: 45-55 mins

One bite of this meal and you'll think your mind is playing tricks on you. The combination of beef meatballs, a tomato-BBQ sauce and melted cheese tastes just like a classic cheeseburger, except all baked together in a comforting dish. Add some broccoli for crunch and garlic bread to mop up the sauce and this will quickly become a favourite.

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
garlic	4 cloves	8 cloves
carrot	1	2
broccoli	1 head	2 heads
beef mince	1 packet	1 packet
egg*	1	2
All-American spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
fine breadcrumbs	½ packet	1 packet
tomato paste	½ packet	1 packet
chopped tomatoes	1 tin	2 tins
BBQ sauce	1 packet (40g)	1 packet (100g)
beef stock	1 sachet	1 sachet
butter*	50g	100g
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
ciabatta	1	2

*Pantry items

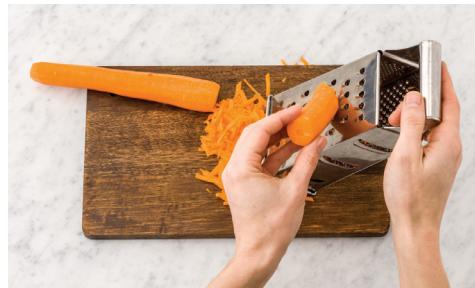
Nutrition

	Per Serving	Per 100g
Energy (kJ)	3710kJ (887Cal)	482kJ (115Cal)
Protein (g)	52.4g	6.8g
Fat, total (g)	43.4g	5.6g
- saturated (g)	24.0g	3.1g
Carbohydrate (g)	65.1g	8.5g
- sugars (g)	27.9g	3.6g
Sodium (mg)	1910mg	247mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled), or finely chop if you prefer. Cut the **broccoli** into small florets and roughly chop the stalk.



2. Brown the meatballs

In a medium bowl, combine the **beef mince**, **egg**, **All-American spice blend**, the **salt** and **fine breadcrumbs** (see ingredients list). Season with **pepper** and mix well to combine. Using damp hands, shape a heaped tablespoon of the **mixture** into a meatball. Set aside on a plate and repeat with the **remaining mixture**. You should get 4-6 meatballs per person. In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **meatballs** and cook, turning occasionally, until browned, **4-5 minutes**. Transfer the **meatballs** to a medium baking dish and set aside.



3. Bake the meatballs

Return the frying pan to a medium heat with a **drizzle** of **olive oil** if needed. Add the **onion** and **carrot** and cook until softened, **3-4 minutes**. Add **1/2 the garlic** and the **tomato paste** (see ingredients list) and cook until darkened and fragrant, **1-2 minutes**. Add the **chopped tomatoes**, **BBQ sauce**, **beef stock** and **1/2 the butter**. Bring to a simmer and season to taste with **salt** and **pepper**, **2-3 minutes**. Pour the **tomato sauce** over the **meatballs** in the baking dish and sprinkle with the **shredded Cheddar cheese**. Bake until the cheese is melted, **10 minutes**.



4. Make the garlic bread

While the meatballs are baking, slice the **ciabatta** in half lengthways, then slice each half across the diagonal. In a small bowl, add the **remaining butter** and **garlic** and microwave in **10 second** bursts or until melted. Season with **salt** and **pepper**. Brush the **garlic butter** over the cut side of the **ciabatta** pieces and place directly on a wire rack in the oven. Bake until golden, **5 minutes**.



5. Cook the broccoli

While the garlic bread is baking, wash the frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **broccoli** and a **splash** of **water** and cook, until softened, **5-6 minutes**. Season with **salt** and **pepper**.



6. Serve up

Divide the cheesy baked American meatballs, garlic bread and broccoli between plates. Spoon over any excess sauce from the baking dish.

Enjoy!