



Product Spotlight: Parmesan Cheese

Parmesan is a delicious, nutty, sweet and salty hard cheese that complements tomato-based dishes.



Cheesy Beef Meatballs

with Garlic Bread

Classic Italian beef meatballs with parmesan simmered in a rich tomato sauce served with green beans and crunchy garlic bread on the side.



30 minutes



2 servings



Beef

28 July 2023

Switch it up!

You can make a beef bolognese sauce instead of meatballs if preferred! Toss the sauce through the pasta and serve the beans and rolls on the side.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	60g	43g	59g

FROM YOUR BOX

BEEF MINCE	300g
PARMESAN CHEESE	1 packet
BROWN ONION	1
CARROT	1
CELERY STALK	1
TOMATO SUGO	1 jar
GREEN BEANS	150g
GARLIC CLOVE	1
DINNER ROLLS	2-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

frypan with lid, small frypan

NOTES

Start dicing the vegetables while the meatballs are cooking to save time. You can grate the carrot instead of dicing it if preferred.

No gluten option – dinner rolls are replaced with GF rolls.



1. COOK THE MEATBALLS

Set oven to 200°C (optional for bread).

Combine beef with **1/4 cup parmesan**, **1 tsp oregano**, **salt and pepper**. Shape into 1 tbsp size meatballs and add to a frypan over medium-high heat with **oil**. Cook, turning for 5 minutes until browned (see notes). Remove to a plate.



2. SAUTÉ THE VEGETABLES

Dice onion, carrot and celery. Add to pan and cook for 5 minutes until softened.



3. SIMMER THE SAUCE

Pour in tomato sugo and **1/2 cup water**. Cover and simmer for 5 minutes. Return meatballs, cover and simmer for a further 5 minutes until cooked through.



4. BLANCH THE BEANS

Fill a second frypan with water. Bring to a simmer over medium-high heat. Trim and add beans to simmering water. Cook for 3-4 minutes until tender. Set aside and keep warm.



5. TOAST THE GARLIC BREAD

Combine **2 tbsp olive oil**, 1 crushed garlic clove and **1 tsp oregano** in a small bowl. Cut dinner rolls in half and spread with garlic oil. Toast in oven for 5 minutes.



6. FINISH AND SERVE

Season meatballs with **salt and pepper** to taste. Garnish with parmesan to taste, serve with a side of beans and garlic bread.



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