

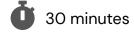




# **Cheesy Beef Meatballs**

### 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.





4 servings



# 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.

TOTAL FAT CARBOHYDRATES 45g

#### FROM YOUR BOX

BEEF MINCE	500g
PARMESAN CHEESE	1 packet
BROWN ONION	1
CARROT	1
CELERY STALKS	2
TOMATO SUGO	1 jar
GREEN BEANS	250g
GARLIC CLOVE	1
DINNER ROLLS	4-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 1/2 cup parmesan, 2 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 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, serve with a side of beans and garlic bread.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



