



### 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



4 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
	42g	24g	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.



Scan the QR code to  
submit a Google review!

**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**

