



FOR the
Little ones



Cheesy MeatBALLS

Cheesy baked pork meatballs in a simple tomato sauce, served with dinner rolls and garlic butter.



30 Minutes



4/6 Servings



PORK

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	42g/39g	38g/31g	28g/23g

FROM YOUR BOX

	4 PERSON	6 PERSON
PORK MINCE	500g	2 x 500g
TOMATO SUGO	350g	2 x 350g
SHREDDED CHEDDAR CHEESE	1 packet	1 packet
BASIL	1 packet	1 packet
GARLIC CLOVE	1	1
BABY COS LETTUCE	1	2
CHERRY TOMATOES	200g	2 x 200g
LEBANESE CUCUMBER	1	2
DINNER ROLLS	4	6

FROM YOUR PANTRY

oil, butter for cooking, salt, dried oregano

COOKING TOOLS

large frypan, oven dish

Serve these meatballs over pasta, rice or mash if you prefer!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - bread rolls are replaced with GF bread rolls.



1. BROWN the MeatBALLS

Set oven to 250°C

Combine mince with **2 tsp dried oregano, salt and pepper** (see notes). Mix well, then form into **meatballs** using 1 tbsp measure.

6P - use 1 tbsp dried oregano.



4. Make the GARLIC Butter

Finely chop **basil leaves** (use to taste) and crush **garlic**. Use a fork to combine with **40g butter**. Season with **salt** to taste.

6P - use 60g butter.

tip Leave out the basil if you like and use it as a garnish instead.



2. COOK the MeatBALLS & ADD SUGO

Heat a large frypan with **oil** over medium-high heat. Add **meatballs** and cook for 5 minutes, turning until golden.

Stir in **tomato sugo** and **1/2 cup water**. Simmer for 3-5 minutes.



5. PREPARE the SALAD

Rinse, trim and quarter the **lettuce**. Halve **cherry tomatoes** and cut **cucumber** into sticks. Arrange in a bowl.



3. Bake the MeatBALLS

Transfer **meatballs** and **sauce** to an oven dish and top with **cheese**. Bake in the oven for 5-7 minutes or until **cheese** is melted.

tip If your frypan is ovenproof you don't need to transfer the meatballs to a dish, you can just top with cheese.



6. FINISH AND SERVE

Serve **cheesy meatballs** at the table with a side of **bread rolls, garlic butter** and **salad**.

tip Halve and toast the dinner rolls in the oven for a couple of minutes if you like.