

Classic Meatball Subs

with Garden Salad

35 Minutes







2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫







Ground Protein 250 g | 500 g



Ground Beef



250 g | 500 g



Breadcrumbs 2 tbsp | 4 tbsp



Marinara Sauce



1/2 cup | 1 cup





Spring Mix

56 g | 113 g

Sandwich Bun 2 | 4

Cheese, shredded 34 cup | 1 1/2 cup



Tomato



Pepper

1 | 2

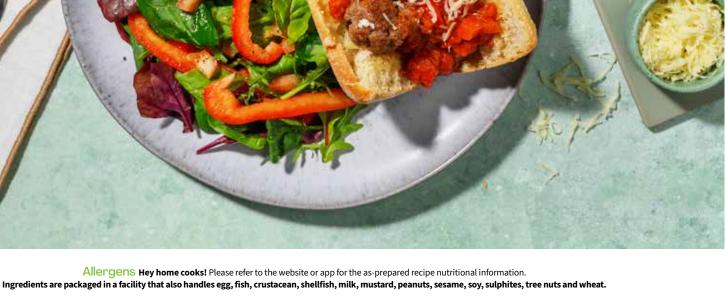
1 | 2



Balsamic Vinegar 1 tbsp | 2 tbsp



1/4 cup | 1/2 cup



Cooking utensils | 2 baking sheets, 2 large bowls, large non-stick pan, measuring spoons, parchment paper, whisk



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Core, then cut half the pepper into ¼-inch pieces, cut remaining pepper into ¼-inch slices.
- Cut tomato into 1/4-inch pieces.



Prep and cook meatballs

🗘 Swap | Mild Italian Sausage

O Swap | Plant-Based Ground Protein

- · Line a baking sheet with parchment paper.
- Add beef, breadcrumbs and half the Parmesan to a large bowl. Season with pepper and ¼ tsp (½ tsp) salt, then combine.
- Roll mixture into 12 (24) equal-sized meatballs. (TIP: If you prefer a tender meatball, add an egg to the mixture.)
- Arrange meatballs on prepared baking sheet.
- Bake in the **middle** of the oven until goldenbrown and cooked through, 10-12 min.**



Make sauce

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add ½ tbsp (1 tbsp) oil, then diced peppers. Cook, stirring often, until tendercrisp, 3-4 min.
- Reduce heat to medium.
- Add marinara sauce and ¼ tsp (¼ tsp) sugar. Bring to a simmer, then remove the pan from heat. Add 1 tbsp (2 tbsp) butter, then stir to combine.
- Transfer cooked meatballs to the pan, then toss to coat. Season with salt and pepper, to taste.



Toast buns

- Meanwhile, open sandwich bun.
- Arrange on an unlined baking sheet, cut-side up.
- Sprinkle half the mozzarella onto buns.
- Toast in the **bottom** of the oven until **buns** are golden-brown and **cheese** is melted, 3-4 min. (TIP: Keep an eye on rolls so they don't burn.)



Make salad

- Meanwhile, whisk together vinegar, 1 tbsp (2 tbsp) oil and 1 tsp (2 tsp) sugar in another large bowl.
- Add tomatoes, sliced peppers and spring mix. Season with salt and pepper, to taste, then toss to combine.



Finish and serve

- Divide meatballs between buns, then spoon any remaining sauce in the pan over top.
- Sprinkle with remaining mozzarella.
- Cut subs in half crosswise. Divide meatball subs and salad between plates.
- Sprinkle remaining Parmesan over salad.

Measurements within steps

1 tbsp (2 tbsp)

o) oil

Ingredient

2 | Prep and cook meatballs

🔘 Swap | Mild Italian Sausage

If you've opted to get **sausage**, cook it in the same way the recipe instructs you to cook the **beef**.**

2 | Prep and cook meatballs

🔘 Swap | Plant-Based Ground Protein

If you've opted to get **plant-based ground protein**, prepare, cook and plate it the same way the recipe instructs you to prepare, cook, and plate the **beef**.** Disregard tip to add an egg to the mixture.