



# Speedy Meatball Subs

## with Parm-Roasted Broccoli

Family Friendly 20-30 Minutes

Customized Protein **+** Add **↻** Swap or **×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](http://hellofresh.ca)



<b>↻</b> Swap	<b>↻</b> Swap
Ground Turkey 250 g   500 g	Plant-Based Ground Protein 250 g   500 g

Ground Beef 250 g   500 g	Sandwich Bun 2   4

Italian Breadcrumbs 2 tbsp   4 tbsp	Marinara Sauce ½ cup   1 cup

Zesty Garlic Blend 1 tbsp   2 tbsp	Broccoli 227 g   454 g

Parmesan Cheese, shredded ¼ cup   ½ cup

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Oil, pepper, salt

Cooking utensils | 8x8" baking dish, baking sheet, large bowl, measuring spoons, parchment paper, silicone brush

1



## Prep and roast broccoli

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **broccoli** into bite-sized pieces.
- Add **broccoli**, **1 tbsp** (2 tbsp) **oil**, **half the Parmesan** and **half the Zesty Garlic Blend** to a large bowl.
- Season with **salt** and **pepper**, then toss to combine.
- Add **broccoli** to a parchment-lined baking sheet.
- Roast in the **middle** of the oven until golden-brown, 8-10 min.

4



## Finish meatballs

Swap | Plant-Based Ground Protein

- Once **meatballs** are finished cooking, carefully pour off any excess fat.
- Pour **marinara** over **meatballs**. Return to the oven and cook until **marinara** is warmed through and slightly thickened, 2-3 min.

2



## Make meatballs

Swap | Ground Turkey

Swap | Plant-Based Ground Protein

- Meanwhile, add **beef**, **breadcrumbs**, **remaining Parmesan** and **remaining Zesty Garlic Blend** to the same large bowl (used in step 1). Season with  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  tsp) **salt** and  $\frac{1}{8}$  **tsp** ( $\frac{1}{4}$  tsp) **pepper**, then combine.
- Roll **mixture** into **8 (16) equal-sized meatballs**.
- Arrange **meatballs** in an 8x8-inch baking dish (9x13 inch for 4 ppl).
- Bake in the **bottom** of the oven until golden-brown and cooked through, 10-12 min.\*\*

3



## Prep and toast buns

- Meanwhile, halve **buns**.
- Once **broccoli** has finished roasting, transfer to a plate and cover to keep warm.
- Discard parchment paper.
- Arrange **buns** on the unlined baking sheet, cut-side up. Brush with **2 tsp** (4 tsp) **oil**.
- Toast in the **top** of the oven until golden-brown, 4-5 min. (**TIP:** Keep an eye on buns so they don't burn!)

5



## Finish and serve

- Divide **meatballs** between **buns**, then spoon over **marinara sauce**.
- Divide **meatball subs** and **broccoli** between plates.
- Serve **any remaining marinara** on the side for dipping.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

## 2 | Make meatballs

Swap | Ground Turkey

If you've opted to get **turkey**, prep and cook it in the same way the recipe instructs you to prep and cook the **beef**\*\*

## 2 | Make meatballs

Swap | Plant-Based Ground Protein

If you've opted to get **plant-based ground protein**, prep and cook it the same way the recipe instructs you to prep and cook the **beef**.

## 4 | Finish meatballs

Swap | Plant-Based Ground Protein

Disregard instructions to pour off any excess fat.

\*\* Cook to a minimum internal temperature of 74°C/165°F.