

# Cheesy Meatball Bake

## with Crispy Baked Green Beans

hellóchef

Winner, winner, cheesy dinner!

Cals 602 • Prot 58 • Carbs 30 • Fat 29

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 35 min

R2883





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Meatballs	2 ppl	3 ppl	4 ppl	
Lean beef mince	350	525	700	Grams
Red onion	1	2	2	Piece
Salt	0.5	0.5	2	Tsp
Black pepper	0.5	0.5	1	Tsp
Tomato sauce				
Garlic cloves	2	3	4	Piece
Fresh basil	15	15	15	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Tomato paste	50	70	70	Grams
Tomato passata	200	400	500	Grams
Water	100	50	100	ML
Honey	15	15	30	Grams
Dried oregano	2	2	4	Grams
Grated mozzarella 4*	60	90	120	Grams
Parmesan 4*	30	45	60	Grams
Green beans				
Green beans	250	375	500	Grams
Garlic onion powder	4	4	8	Grams
Salt	0.5	1	1	Tsp
Vegetable oil	1	2	2	Tbsp

Allergens

\*4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2520 / 602
Fat (g)	29.3
of which saturates (g)	13.8
Carbohydrate (g)	30
of which sugars (g)	17.2
Fiber (g)	7.9
Protein (g)	57.5
Salt (g)	2.1

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make sauce

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **onion** and **garlic**. Pick and finely chop the **basil** leaves. Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add half of the **onion** and fry with a pinch of **salt** for 3 min. Add the **garlic** and **tomato paste**, and fry for 1 min further. Add the **tomato passata**, **measured water**, **honey** and **oregano** and bring to a simmer. Cook for 5 min until slightly thickened.



2 Make meatballs

Meanwhile, add the **beef mince** to a bowl. Add the remaining **onion** with a generous pinch of **salt** and **pepper**. With clean hands, knead until fully combined. Divide the mixture into {8/12/16} pieces and shape each piece into a **meatball**.



3 Bake

Add the **meatballs** to an oiled oven-proof skillet or baking dish. Add half of the **basil** to the **tomato sauce**. Top the **meatballs** with the **tomato sauce**, followed by the **mozzarella**. Bake for 15 min or until the **meatballs** are cooked through and the **cheese** is golden-brown.



4 Bake beans

Meanwhile, trim the **green beans**. Place the **green beans** onto a lined baking tray with the **garlic onion powder**, **salt** and a drizzle of **oil**. Toss to coat. Bake for 10 min or until they are crisp and tender.



5 Grate Parmesan

Meanwhile, grate the **Parmesan**.



6 Serve

Once ready, remove the **meatball bake** from the oven and allow to cool slightly for 5 min before serving. Garnish with the **Parmesan** and remaining **basil**. Serve the **baked beans** to the side.