



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Product Spotlight: Garlic


Garlic is believed to ward off heart disease, cancer, colds, and flu. The consumption of garlic lowers blood cholesterol levels and reduces the buildup of plaque in the arteries.



## N2 Nonna's Meatballs with Garlic Bread

Cheesy baked beef meatballs in a veggie-packed tomato sauce, served with warm garlic bread and fresh leaves on the side.

 30 minutes

 2 servings

 Beef

15 April - 6 May 2022

## Mix it up!

*You can transform this dish into a delicious meatball sandwich! Simply make the meatballs smaller. Cut the bread into thick slices and fill with the baked meatballs and salad.*

## FROM YOUR BOX

BEEF MINCE	300g
BROWN ONION	1
CARROT	1
COURGETTES	2
TOMATO PASSATA	1 jar
PARMESAN CHEESE	1 packet
GARLIC CLOVE	1
CIABATTA LOAF	1
MESCLUN LEAVES	1 bag

## FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, dried oregano

## KEY UTENSILS

large oven proof frypan, oven tray

## NOTES

If you don't have an oven proof frypan you can transfer the meatballs and sauce to an oven dish instead.

You can dress the leaves with a dressing of choice. For a quick vinaigrette, whisk together 1 tbsp balsamic vinegar and 1 tbsp olive oil.

**No gluten option – ciabatta loaf is replaced with gluten-free bread.**



### 1. MAKE THE MEATBALLS

Set oven to 220°C.

Combine beef mince with **1/2 tsp dried oregano, salt and pepper**. Use oiled or wet hands to roll 1/4 cup size meatballs.



### 2. BROWN THE MEATBALLS

Heat a large oven proof frypan over medium heat with **oil** (see notes). Add meatballs to pan. Cook for 5 minutes turning until browned. Remove to a plate and keep pan on heat.



### 3. SAUTÉ THE VEGETABLES

Slice onion. Grate carrot and courgettes. Add all to pan as you go, along with more **oil** if needed. Cook for 6–8 minutes until softened. Stir in tomato passata and season with **salt and pepper**.



### 4. BAKE THE MEATBALLS

Return meatballs to pan and cover with parmesan cheese. Bake in oven for 10 minutes until cheese is melted.



### 5. MAKE THE GARLIC BREAD

Crush 1 garlic clove. Mix with **1 tsp oregano** and **3 tbsp softened butter**. Slice bread 3/4 of the way and spread with garlic butter. Place on a tray in the oven for 5 minutes.



### 6. FINISH AND SERVE

Serve meatballs with garlic bread and mesclun leaves (see notes).

**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**

