

# Cheesy Meatball Sub and Sweet Potato Wedges

with pesto drizzle and cabbage slaw

40 – 45 mins

17



Beef Mince



Bacon Lardons



Breadcrumbs



Green Pesto



Grated Cheese



Baguette



Passata



Sweet Potato



Cabbage



Aioli

Pantry Items: Sugar, Oil, Salt, Pepper, Butter



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper

## Ingredients

	2P	4P
Beef Mince	240 g	480 g
Bacon Lardons	100 g	200 g
Breadcrumbs	1 pack	1 pack
Green Pesto	30 g	60 g
Grated Cheese	50 g	100 g
Baguette	2 units	4 units
Passata	1 pack	2 packs
Sweet Potato	2 units	4 units
Cabbage	1 unit	2 units
Aioli	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	876.5 g	100 g
Energy (kJ/kcal)	5903.6 kJ/ 1411 kcal	673.5 kJ/ 161 kcal
Fat (g)	62.2 g	7.1 g
Sat. Fat (g)	20.4 g	2.3 g
Carbohydrate (g)	150.4 g	17.2 g
Sugars (g)	31 g	3.5 g
Protein (g)	59.6 g	6.8 g
Salt (g)	5.3 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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## Make the Wedges

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Chop **sweet potatoes** into 2cm thick wedges (peeling optional).
- Pop the wedges onto a large (lined) baking tray. Drizzle with **oil** and season with **salt** and **pepper**.
- Toss to coat and spread out in a single layer.
- Roast on the top shelf of the oven until crispy, 25-35 mins. Turn the tray halfway through.

**TIP:** Use two baking trays if necessary. You want them nicely spaced out to achieve a crispy finish!



## Simmer the Sauce

- Pour the **passata** and ½ tsp **sugar** (per 2P) into the pan and toss to coat. **IMPORTANT:** Meatballs are cooked when no longer pink in the middle.
- Simmer until the sauce is thickened, 4-6 mins. Stir through a knob of **butter**.
- Meanwhile, cut the **baguettes** down the middle lengthways (don't slice all the way through).



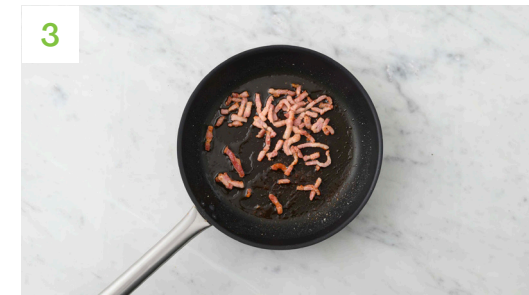
## Make the Meatballs

- In a large bowl, combine the **breadcrumbs** with the **beef mince** and **half** the **pesto**.
- Season with **salt** and **pepper** and mix together by hand.
- Roll into evenly-sized balls, 3-4 per person. **IMPORTANT:** Wash hands and equipment after handling raw meat.
- When the wedges have 15 mins left to cook, add the meatballs to the tray and return to the oven for remaining cooking time, 12-15 mins.



## Bake the Baguettes

- Once the sauce has warmed, transfer the **sweet potato wedges** to the middle shelf of the oven.
- Place the **baguettes** on a separate lined baking tray and divide the meatballs between them. Pour the sauce over the top.
- Sprinkle over the **cheese**, then bake on the top shelf of the oven until the **cheese** has melted, 4-5 mins.
- Meanwhile, halve the **cabbage**, remove the core, then thinly slice. Toss with the **aioli** and season to taste with **salt** and **pepper**.



## Fry the Bacon

- Meanwhile, place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **bacon lardons** until golden, stirring occasionally, 5-7 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat. Cook **lardons** thoroughly.



## Finish and Serve

- When everything is ready, carefully transfer the **baguettes** to your plates.
- Spoon the remaining **pesto** over the meatballs.
- Plate up the **sweet potato** wedges with **cabbage** slaw alongside.

**Enjoy!**