



Classic Meatball Subs

with Garden Salad

35 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](https://www.hellofresh.ca)



↻ Swap Mild Italian Sausage 250 g 500 g	↻ Swap Plant-Based Ground Protein 250 g 500 g
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 Ground Beef 250 g 500 g	 Italian Breadcrumbs 2 tbsp 4 tbsp
 Marinara Sauce ½ cup 1 cup	 Sandwich Bun 2 4
 Mozzarella Cheese, shredded ¾ cup 1 ½ cup	 Spring Mix 56 g 113 g
 Tomato 1 2	 Sweet Bell Pepper 1 2
 Balsamic Vinegar 1 tbsp 2 tbsp	 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.

Pantry items | Unsalted butter, sugar, oil, salt, pepper

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

1



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 ¼-inch pieces.

2



Prep and cook meatballs

- 🔄 Swap | **Mild Italian Sausage**
- 🔄 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 golden-brown and cooked through, 10-12 min. ******

3



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 tender-crisp, 3-4 min.
- Reduce heat to medium.
- Add **marinara sauce** and **⅛ 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.

4



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.)

5



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.

6



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) **oil**
2 person 4 person 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.