

# Beef Meatballs in Cannellini Bean Stew

with DIY pan con tomate

30 – 35 mins

25



Irish Beef Mince



Garlic



Paprika



Breadcrumbs



Ciabatta



Cannellini Beans



Onion



Tomato



Red Wine Vinegar



Passata



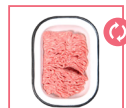
Red Wine Jus



Salad Leaves



Irish Lean Beef Mince



Irish Pork Mince

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



Rate your recipe!

## 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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Cooking tools you will need

Aluminium foil, baking sheet with baking paper, grater, sieve

## Ingredients

	2P	4P	6P
Irish Beef Mince	240 g	480 g	720 g
Garlic	3 units	6 units	9 units
Paprika	2 sachets	4 sachets	6 sachets
Breadcrumbs	1 pack	1 pack	2 packs
Ciabatta	2 units	4 units	6 units
Cannellini Beans	1 pack	2 packs	3 packs
Onion	1 unit	2 units	3 units
Tomato	2 units	4 units	6 units
Red Wine Vinegar	½ sachet	1 sachet	1 ½ sachets
Passata	1 pack	2 packs	3 packs
Red Wine Jus	1 sachet	2 sachets	3 sachets
Salad Leaves	40 g	80 g	120 g
Irish Lean Beef Mince	240 g	480 g	720 g
Irish Pork Mince	240 g	480 g	720 g

## Nutrition

		Recipe 1	Recipe 2
<b>for uncooked ingredient</b>	<b>Per 100 g</b>	<b>Per 100 g</b>	<b>Per 100 g</b>
Energy (kJ/kcal)	473.4 kJ/113.2 kcal	406 kJ/97 kcal	447 kJ/107 kcal
Fat (g)	3.3 g	1.4 g	2.8 g
Sat. Fat (g)	1.4 g	0.5 g	0.9 g
Carbohydrate (g)	12.3 g	12.3 g	12.3 g
Sugars (g)	2.9 g	2.9 g	2.9 g
Protein (g)	6.3 g	6.8 g	6.2 g
Salt (g)	1.2 g	1.2 g	1.2 g

See site or app for detailed nutritional info.

## Allergens

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

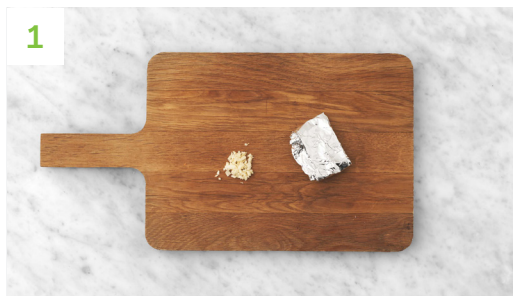
## Contact

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



## Roast the Garlic

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pop half the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.
- Roast the parcel until soft, 10-12 mins.
- Peel and grate the remaining **garlic** (or use a garlic press).



## Simmer the Stew

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Add the **onion** and fry until softened, 4-5 mins.
- Once softened, add the **paprika** and remaining grated **garlic**.
- Fry until fragrant, 1 min. Pour in **half** a sachet of **red wine vinegar** (per 2P) and allow to evaporate, 30 secs.
- Next, stir in the **cannellini beans, passata, red wine jus** and ½ tsp **sugar** (per 2P). Cover and simmer for 4-5 mins.

**CUSTOM OPTIONS**

### IRISH PORK MINCE

Swapping to pork mince? Follow the recipe as written, replacing 'beef' with 'pork' where necessary.



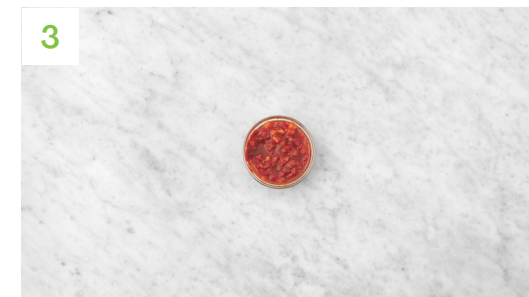
## Make the Meatballs

- In a large bowl, combine the **mince**, **half** the **grated garlic**, **breadcrumbs**, 2 tbsp **water** (per 2P) and ¼ tsp **salt** (per 2P).
- Season with **pepper** and mix together by hand. Roll into evenly-sized balls, 3-4 per person.
- Pop the meatballs onto a lined baking tray and bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Meatballs are cooked when no longer pink in the middle.



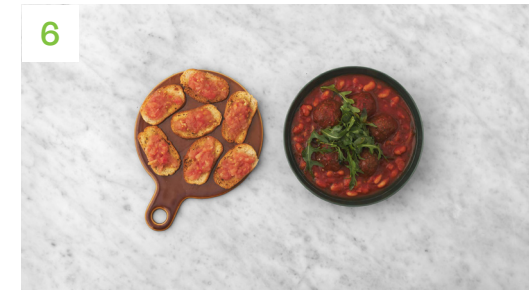
## Finishing Touches

- Once the roasted **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Stir through the grated **tomato**.
- Once the meatballs are cooked through, stir them into the **beans** and simmer for 2-3 mins more.
- Taste and season with **salt** and **pepper** if desired. Add a splash of **water** if it's a little too thick.



## Get Prepped

- Meanwhile, cut the **ciabatta** into 1cm slices. Pop onto a separate baking tray. Toss with **salt, pepper** and a drizzle of **oil**.
- Bake on the middle shelf until golden, 8-10 mins.
- Meanwhile, drain and rinse the **cannellini beans** in a sieve. Halve, peel and thinly slice the **onion**.
- Halve the **tomatoes**. Carefully grate the **tomato** until you're left only with the skin (discard the skin).
- Drizzle the grated **tomato** with a little **oil** and ½ tsp **sugar** (per 2P). Season with **salt** and **pepper**.



## Dish Up

- When everything's ready, spoon the **tomato** mixture over the crispy **bread**.
- Divide your meatball and **bean** stew between serving bowls.
- Top with the **salad leaves** and drizzle over some **oil**.
- Serve your pan con tomate alongside.

## Enjoy!