

One-Pan Beef Polpette

with Rocket and Parmesan Salad



30-40min



2 Portions

Polpette is the Italian word for meatballs and here we're browning tasty little beef ones. Once browned, the same pan is used to cook the rich tomato sugo, which captures all the caramelised flavours and saves on cleaning, too. Mop up all those delicious flavours with a crusty baguette.

What we send

- 1
- 7
- 1,6

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- egg ³
- extra virgin olive oil
- sea salt and pepper
- water

Utensils

- box grater
- large deep frypan with lid
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

It's important to squeeze out as much liquid as possible from the zucchini to ensure the meatballs bind properly. ~Add chilli to suit your heat preference.

Allergens

Gluten (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 665kcal, Fat 29.2g, Carbs 40.9g, Proteins 55.5g



1. Prepare ingredients

Read through the recipe. Finely grate the **zucchini** and squeeze out all the liquid with your hands (see cooking tip). Crush or finely chop the **garlic**. Finely grate the **parmesan**.



2. Make meatballs

Put the **zucchini, beef mince, breadcrumbs, half the garlic, half the parmesan, ¼ tsp chilli** (see cooking tip) and **1 egg white** in a large bowl and season with **salt and pepper**. Using damp hands and combine well, then roll into walnut-sized balls.



3. Brown meatballs

Heat **2 tsp olive oil** in a large deep frypan over medium-high heat. Cook the **meatballs**, turning regularly, for 4-5 mins until well browned, then remove from the pan (they should not be cooked through at this point). Preheat the oven grill to medium.



4. Make sauce

Heat **2 tsp olive oil** in the pan over medium heat. Cook the **remaining garlic, 1 tsp oregano**** and **¼ tsp chilli**** (see cooking tip), stirring, for 30 secs or until fragrant. Add the **tomatoes, tomato paste** and **125ml (½ cup) water** and bring to a simmer. Return the **meatballs** to the pan and cook, covered, for 10 mins or until the sauce is thickened.



5. Toast baguette

Meanwhile, halve the **baguette** through the middle. Brush the cut side with **2 tsp olive oil**, then place on an oven tray. Grill the **baguette**, cut-side up, for 2-3 mins until light golden.



6. Get ready to serve

Divide the **meatballs** and **rocket** among bowls and scatter over the **remaining parmesan**. Serve with the **toasted baguette**.