



READY TO COOK
BY HARRIS FARM

ITALIAN BEEF MEATBALLS AND GRILLED EGGPLANT BAGUETTE



PREP
15 min



COOK
30-35 min



SERVES
4

INGREDIENTS:

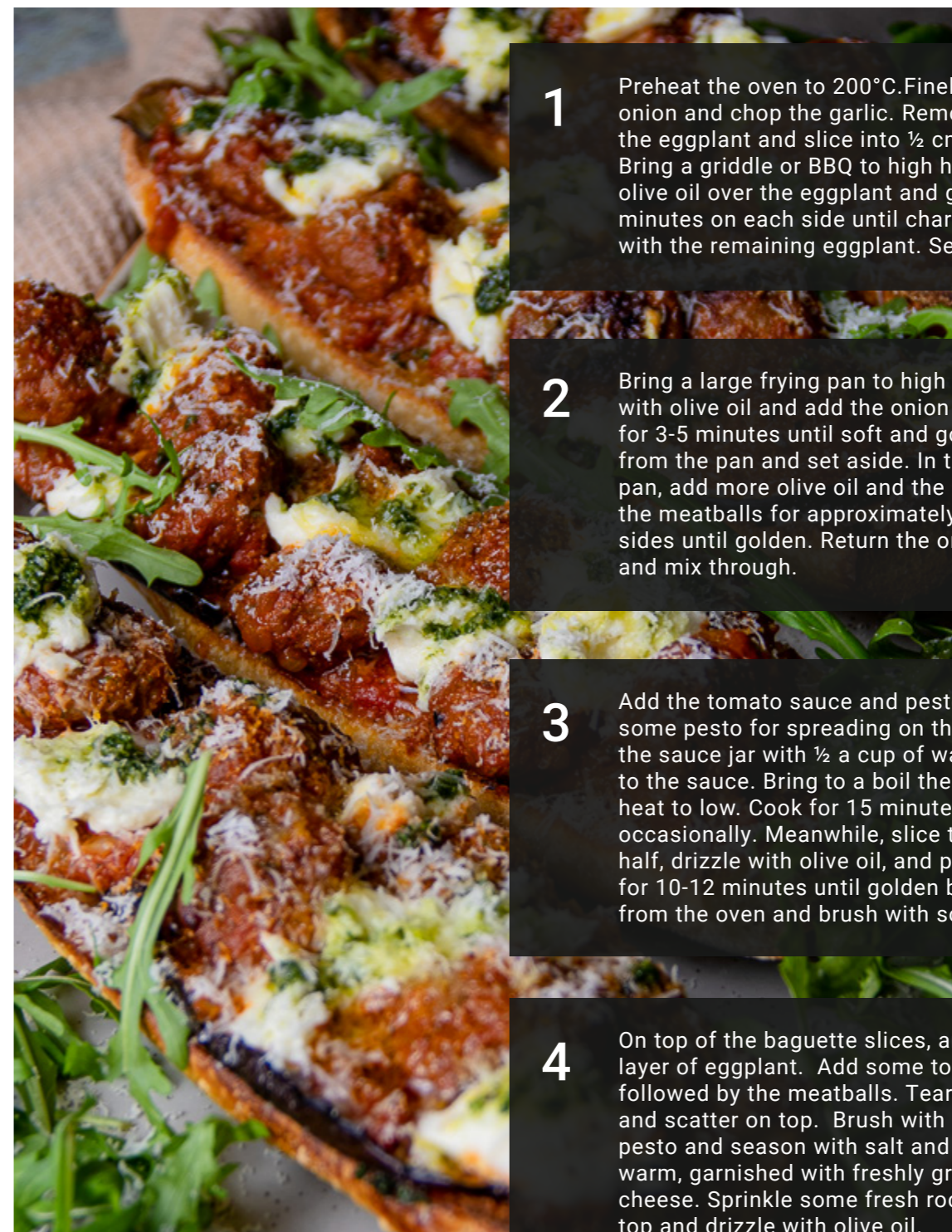
- > 1 Brown Onion
- > 2 Garlic Cloves
- > 500g Meatballs
- > 1 Eggplant
- > 1 Baguette
- > 500ml Tomato Basil Sauce
- > 120g Pesto
- > 180g Cherry Bocconcini
- > 1 Punnet Rocket

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Parmesan Cheese
- > Salt and Pepper
- > Olive Oil
- > Water

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METHOD - GET COOKING!



1

Preheat the oven to 200°C. Finely dice the onion and chop the garlic. Remove the top of the eggplant and slice into ½ cm slices. Bring a griddle or BBQ to high heat. Drizzle olive oil over the eggplant and grill for 2-3 minutes on each side until charred. Repeat with the remaining eggplant. Set aside.

2

Bring a large frying pan to high heat. Drizzle with olive oil and add the onion and garlic. Sauté for 3-5 minutes until soft and golden. Remove from the pan and set aside. In the same frying pan, add more olive oil and the meatballs. Sear the meatballs for approximately 5 minutes on all sides until golden. Return the onions to the pan and mix through.

3

Add the tomato sauce and pesto, reserving some pesto for spreading on the bread. Rinse the sauce jar with ½ a cup of water and add to the sauce. Bring to a boil then turn down heat to low. Cook for 15 minutes, stirring occasionally. Meanwhile, slice the baguette in half, drizzle with olive oil, and place in the oven for 10-12 minutes until golden brown. Remove from the oven and brush with some pesto.

4

On top of the baguette slices, arrange a layer of eggplant. Add some tomato sauce, followed by the meatballs. Tear the bocconcini and scatter on top. Brush with some extra pesto and season with salt and pepper. Serve warm, garnished with freshly grated parmesan cheese. Sprinkle some fresh rocket leaves on top and drizzle with olive oil.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

