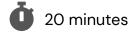






Swedish Beef Meatball Subs

A Swedish twist on the classic meatball sub! Beef meatballs with a hint of nutmeg and an aioli based beetroot and apple salad served in crusty Turkish rolls.





4 servings



Almost an Aussie!

Transform this dish into an Aussie burger! Use a dried herb in the mince and form into patties instead. Slice the beetroot and serve in rolls with salad fillings. Add tomato sauce, pineapple or even an egg!

TOTAL FAT CARBOHYDRATES 62g

FROM YOUR BOX

BEEF MINCE	600g
COOKED BEETROOT	1 packet
RED APPLE	1
AIOLI	100g
LEBANESE CUCUMBER	1
ALFALFA SPROUTS	1 punnet
TURKISH ROLLS	4-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground nutmeg

KEY UTENSILS

large frypan

NOTES

You can keep the beetroot, apple and aioli as separate fillings if preferred.

No gluten option - Turkish rolls are replaced with GF Turkish rolls.



1. COOK THE MEATBALLS

Set oven to 200°C (optional for step 4).

Heat a frypan over medium-high heat with oil. Combine beef with 1/2 tsp nutmeg, salt and pepper. Roll into 1 tbsp sized meatballs, and add to pan as you go. Cook for 10 minutes, turning until cooked through.



4. TOAST THE ROLLS (OPTIONAL)

Slice open the rolls and toast in the oven for 3-5 minutes until golden.



2. PREPARE THE BEETROOT

Dice (or slice) beetroot. Grate apple. Toss together with aioli and season with **salt and pepper** to taste (see notes).



3. PREPARE THE FILLINGS

Slice cucumber. Set aside with alfalfa sprouts.



5. FINISH AND SERVE

Assemble rolls with cucumber, sprouts, beetroot salad and cooked meatballs.



