



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cos lettuce

Also known as romaine! A sure classic on the buffets of the 1990s, but still as versatile and crunchy today as it was back then.



3 Cheesy Meatball Subs

"We're cookin' here!"

Who doesn't love a good New-York style meatball sub? We've created this recipe with lots of veggies, lots of flavour and lots of love!

 25 minutes

 2 servings

 Beef

13 July 2020

Less hands-on

For a less hands-on approach, place the browned meatballs in an oven dish with sauce and cheese and bake in the oven. Serve with rolls and salad on the side.

FROM YOUR BOX

BEEF MINCE	300g
TOMATO SUGO	1 jar (350g)
CARROT	1
BABY COS LETTUCE	1*
GREEN CAPSICUM	1/2*
RED ONION	1/4*
GREEN OLIVES	1/2 jar*
BREAD ROLLS	2-pack
GRATED CHEESE	1/2 packet (100g)*

**Ingredient also used in another recipe*

FROM YOUR PANTRY

dried oregano, salt and pepper

KEY UTENSILS

large frypan, oven tray

NOTES

For extra flavour, dress the salad with a little balsamic vinegar, olive oil, salt and pepper.

No beef option - beef mince is replaced with **chicken meatballs**. Skip making the meatballs in step 1. Add 1 tbsp oil to pan in step 2.

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



1. MAKE THE MEATBALLS

Set oven to 220°C.

Mix mince with **1 tsp dried oregano, salt and pepper**. Combine well, then form into approximately 10 balls using a 1 tbsp measurer.



2. COOK THE MEATBALLS

Heat a frypan over medium-high heat. Add the meatballs and cook, turning, for 6-8 minutes, until browned. Add sugo and simmer for 5 minutes.



3. PREPARE SALAD

Julienne or grate carrot, thinly slice lettuce, slice capsicum, onion and olives. Keep separate on a plate (see notes).



4. CONSTRUCT SUBS

Slice bread rolls 3/4 of the way through, lengthways. Add in meatballs, sauce, onion and cheese.

Place on a lined oven tray and cook in the oven for 2-3 minutes to melt cheese and warm bread.



5. FINISH AND PLATE

Take subs and salad to the table. Fill subs with salad to taste and serve any remaining salad and sauce on the side.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

