



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**

