



Product Spotlight: Cos Lettuce

Sturdy, crunchy and packed with nutrition, cos lettuce is a hearty salad green. Also known as romaine lettuce, cos is high in fibre and low in calories.



Cheesy Pork Meatball Subs

Crusty bread rolls filled with pork meatballs in a tomato sugo topped with melty cheddar cheese and served with fresh salad fillings.



25 minutes



4 servings



Pork

24 March 2023

Transform the dish !

Make a quick bolognese style stew instead of meatballs. Add grated carrot and tomatoes to cook in the sugo along with the pork mince. Simmer with extra stock and serve with cheesy bread.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	27g	33g

FROM YOUR BOX

PORK MINCE	600g
TOMATO SUGO	1 jar
BABY COS LETTUCE	1
CARROTS	2
CHERRY TOMATOES	1 packet (200g)
HOTDOG ROLLS	4-pack
GRATED CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

large frypan, oven tray

NOTES

Use fennel seeds, fresh rosemary or thyme in the pork meatballs for a different flavour.

No gluten option - rolls are replaced with GF rolls.



1. MAKE THE MEATBALLS

Set oven to 220°C.

Combine mince with **2 tsp dried oregano, salt and pepper** (see notes). Mix well, then form into approximately 20 balls using a 1 tbsp measure.



2. COOK THE MEATBALLS

Heat a frypan over medium-high heat with **oil**. Add the meatballs and cook, turning, for 6-8 minutes, until browned. Add sugo and simmer for 5 minutes (add water if needed).



3. PREPARE THE SALAD

Rinse and shred lettuce leaves. Julienne or grate carrot and halve tomatoes. Set aside.



4. BAKE THE SUBS

Slice rolls 3/4 of the way through, lengthways. Add meatballs, sauce and grated cheese (use to taste).

Place on a lined oven tray and bake for 3-5 minutes to melt cheese and warm bread.



5. FINISH AND SERVE

Serve subs with salad on the side. Add salad to subs if preferred.



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