F2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Swiss Cheese

Those famous holes aren't made by mice! They form when friendly bacteria break down lactose and release carbon dioxide, which gets trapped in the cheese and creates the bubbles we see.

French Onion Beef Meatball Subs

If you love French onion soup and meatball subs, this one's for you! Juicy beef meatballs in a rich onion gravy, piled into toasted subs with melted swiss cheese and served with a fresh rocket and apple salad.

25 minutes Beef 2 servings

Bulk it up!

Want to get some extra servings or bulk up this dish? Serve with a side of potato or sweet potato wedges, a tray bake of roasted vegetables, sautéed green veggies or add extra fresh veggies to the side salad.

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve:	36g	20g	34g

FROM YOUR BOX

GARLIC CLOVE	1
BEEF MINCE	300g
BROWN ONION	1
GREEN APPLE	1
ROCKET LEAVES	60g
SOURDOUGH ROLLS	2-pack
SWISS CHEESE	1 packet

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, dried thyme, red wine vinegar, stock cube (see notes)

KEY UTENSILS

large frypan, oven tray

NOTES

Using a tablespoon measure, this recipe will make approximately 10 meatballs.

We used a beef stock cube.

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

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1. MAKE & SEAR MEATBALLS

Crush **garlic** and add **half** (reserve the rest for step 2) to a bowl with **beef mince**, **1-2 tsp thyme**, **salt and pepper**. Mix and roll into **tablespoon-sized meatballs** (see notes). Heat a frypan over medium-high heat and cook for 5 minutes, or until browned. Remove to a plate.



2. CARAMELISE THE ONION

Set oven to grill function or 250°C.

Slice **onion** and add to the pan with the **remaining garlic** and a little **extra oil or butter**. Cook for 5 minutes, or until softened.



3. ADD THE MEATBALLS

Stir in **crumbled stock cube, 3/4 cup water** and return **meatballs** to pan (see notes). Simmer, semi-covered, for 5-8 minutes, until liquid has reduced by half.



4. PREPARE THE SALAD

Slice **apple**. Add to a bowl along with **rocket leaves** and **2 tsp vinegar.** Toss to combine.



5. GRILL THE CHEESE

Halve **sourdough rolls** and place cut side up on an oven tray. Top with **cheese slices** and grill for **2–5 minutes**, or until melted and golden.



6. FINISH AND SERVE

Season the **meatballs** and **onion** to taste with **salt and pepper**. Add to **subs**, spooning over a little sauce from the pan. Serve with the **side salad**.

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