



Product Spotlight: Carrot

Bendy carrots? Cut off the top and bottom and place in a container with water overnight! Don't let your fridge dehydrate your vegetables, make sure you cover them well when storing in the fridge.



Meatball Sliders

Pre-made pork meatballs, cooked in a delicious tomato sauce and baked in mini rolls with melty mozzarella cheese, served with vegetable sticks.



30 minutes



4 servings



Pork

Bulk it up!

This is a great sharing dish! To bulk it up, serve with a side of potato or sweet potato wedges, a tray bake of roasted vegetables, or a side salad.

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

FROM YOUR BOX

PORK MEATBALLS	500g
GARLIC CLOVES	2
CHOPPED TOMATOES	400g
BROCCOLI	1
CARROT	1
LEBANESE CUCUMBERS	2
MINI SLIDER BUNS	10
SHREDDED MOZZARELLA CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil salt, pepper, dried Italian herbs

KEY UTENSILS

2 frypans, oven dish

NOTES

You can use melted butter or olive oil to make the herb garlic mix to spoon over the rolls before baking.

No gluten option – slider buns are replaced with **Turkish rolls**. The small buns have been replaced with 4 larger Turkish rolls.



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1. BROWN THE MEATBALLS

Set oven to 220°C.

Heat a large frypan over medium-high heat with **oil**. Add **meatballs** and cook for 5 minutes or until browned all over.



2. SIMMER THE SAUCE

Crush **garlic**, reserve 1/2 for step 4, add remaining to meatballs along with **1 tbsp Italian herbs**, **chopped tomatoes** and **1/2 tin water**. Simmer, semi-covered, for 5-8 minutes until sauce has thickened and meatballs are cooked through.



3. COOK THE BROCCOLI

Heat frypan over medium-high heat with **oil**. Chop **broccoli** into florets. Add to pan as you go. Pour in **1/4 cup water**. Cook, covered, for 3 minutes until broccoli is tender. Season to taste with **salt and pepper**.



4. PREPARE THE VEGGIES

Cut **carrot** and **cucumbers** into sticks. Set aside with cooked broccoli.

Add remaining garlic, **1 tbsp olive oil** and **1 tsp Italian herbs** (see notes) to a bowl. Mix to combine and set aside.



5. BAKE THE SLIDERS

Cut **slider buns**. Place bottom half in a lined oven dish. Fill with meatballs and sauce, and sprinkle over **cheese**. Place tops on and spoon over garlic herb oil mix. Bake for 5-10 minutes until cheese has melted and tops of rolls are golden.



6. FINISH AND SERVE

Serve meatball sliders tableside along with veggies for everyone to serve themselves.

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**

