DINNER TWIST
LOCAL, HEALTHY, DELIVERED

**Product Spotlight:
Cos Lettuce**

Sturdy, crunchy and packed with nutrition, cos lettuce is a hearty salad green. Also known as romaine lettuce, it 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.

Transform the dish!

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

🕑 25 minutes   🍴 2 servings   🍗 Pork

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	76g	36g	66g

FROM YOUR BOX

PORK MINCE	500g
TOMATO SUGO	1 jar
BABY COS LETTUCE	1
CARROT	1
CHERRY TOMATOES	200g
HOTDOG ROLLS	2-pack
SHREDDED CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

large frypan, oven tray

NOTES

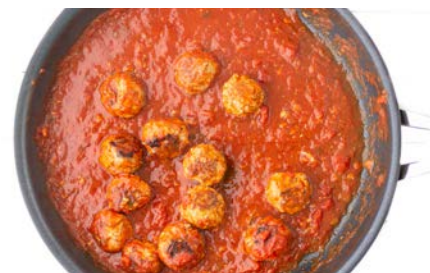Use fennel seeds, fresh rosemary or thyme in the pork meatballs for a different flavour.

No gluten option – rolls are replaced with GF rolls.

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1. MAKE THE MEATBALLS

Set oven to 220ºC.

Combine **mince** with **1 tsp dried oregano**, **salt and pepper** (see notes). Mix well, then form into approximately 10 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.

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.

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**