



### 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 and topped with melty cheddar cheese, accompanied by fresh salad fillings.

 25 minutes

 2 servings

 Pork

## 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.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	63g	55g	49g

## FROM YOUR BOX

PORK MINCE	500g
TOMATO SUGO	1 jar
BABY COS LETTUCE	1
CARROT	1
CHERRY TOMATOES	200g
HOTDOG ROLLS	2-pack
SHREDDED CHEDDAR 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 **1 tsp dried oregano, salt and pepper** (see notes). Mix well, then form into approximately **10 meatballs** 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 **cheddar 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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