

**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.



25 minutes



4 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 |
|------------|---------|-----------|---------------|
|            | 48g     | 27g       | 57g           |

## FROM YOUR BOX

|                  |          |
|------------------|----------|
| PORK MINCE       | 500g     |
| TOMATO SUGO      | 1 jar    |
| BABY COS LETTUCE | 1        |
| CARROTS          | 2        |
| CHERRY TOMATOES  | 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 tablespoonfuls into meatballs.



### 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 carrots 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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