




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
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.



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 into approximately 20 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 (add water if needed).



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.



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