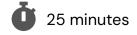






## **Cheesy Pork Meatball Subs**

Crusty bread rolls filled with pork meatballs in a tomato sugo topped with melty cheddar cheese and served with fresh salad fillings.





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

27g

5

o/g

#### 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.



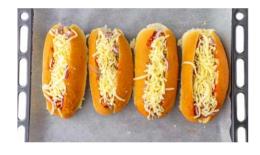
#### 2. COOK THE MEATBALLS

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.





