



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



4/6 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
	38g/66g	28g/53g	36g/45g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
PORK MINCE	500g	2 x 500g
TOMATO SUGO	1 jar	2 jars
BABY COS LETTUCE	1	2
CARROTS	2	3
CHERRY TOMATOES	200g	2 x 200g
HOTDOG ROLLS	4	6
SHREDDED CHEDDAR CHEESE	1 packet	2 packets

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 **meatballs** using 1 tbsp measure.

6P - use 1 tbsp dried oregano.



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 **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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