



Meatball Sub

PREP 5 MINS | COOK 30 MINS | SERVES: 3-4

INGREDIENTS

- Peppercorn Extra Lean Beef Meatballs or Extra Lean Beef Burgers rolled into quarters
- 1 large onion, finely diced
- 3 garlic cloves, grated or crushed
- 1 large carrot, grated
- 2 teaspoons dried mixed Italian herbs
- 2 tablespoons fresh basil, shredded
- 400g tinned diced tomatoes
- 400g passata
- 1 tablespoon olive oil
- Cheese of your choice
- Bread of your choice

PREPARATION

1. Heat oil in a frypan over medium heat and cook meatballs, turning, for 3-4 minutes until browned all over. Set meatballs aside and make the tomato sauce.
2. Add grated carrot and onion to the frypan and cook for 2 minutes on a medium heat until softened.
3. Add in garlic and Italian herbs and cook for 1 minute, or until fragrant.
4. Add in tomatoes, passata and meatballs. Cover and simmer gently for 15 minutes.
5. Slice bread down the middle and fill with the meatballs and sauce.
6. Top with your preferred amount of cheese.
7. Grill for 5 minutes at medium to high heat.