

# MARLEY SPOON



## New York Meatball Subs

with Rocket Salad



30-40min



2 Portions

Named after the hefty elongated shape of the bread, submarines, or subs as they're affectionately called, are a Big Apple favourite. This Italian-American version showcases juicy beef meatballs in a tomato sauce with melted mature cheddar, instead of traditional mozzarella, for extra bite. Stuff the rocket salad into your sub or have it on the side, the choice is yours.

## What we send

- chimichurri spice mix (chilli flakes, dried oregano, cumin, paprika) <sup>17</sup>
- thyme, garlic
- rocket leaves
- white bread rolls <sup>1,6</sup>
- anchovy fillet <sup>4</sup>
- mature cheddar <sup>7</sup>
- grass-fed beef mince
- Worcestershire sauce <sup>4</sup>
- diced tomatoes

## What you'll require

- milk <sup>7</sup>
- olive oil
- sea salt and pepper

## Utensils

- foil
- medium frypan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Fish (4), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 825kcal, Fat 34.7g, Carbs 72.2g, Proteins 53.2g



### 1. Prepare bread rolls

Without slicing all the way through, cut the **bread rolls** in half lengthwise. Carefully open the rolls and remove the filling from the middle and the sides of the top half, leaving a 2-3cm border. Tear the bread filling into small pieces and put in a bowl. Add the **milk** and set aside for 5 mins to soak.



### 4. Shape and cook meatballs

Roll the beef mixture into 8 golfball-sized balls. Heat the **oil** in a medium frypan over medium-high heat. Add the meatballs and cook, turning regularly, for 5 mins or until browned.



### 2. Prepare ingredients

Meanwhile, crush or finely chop the **garlic**. Pick **half the thyme** leaves (keep the remainder for another use). Finely chop the **anchovy**. Coarsely grate the **cheddar**.



### 5. Make sauce

Add the **tomatoes**, season with **salt and pepper**, and reduce heat to low. Simmer gently for 10 mins or until sauce has thickened. Meanwhile, put the **rocket** in a bowl, drizzle with **oil**, season with **salt and pepper**, and toss to combine.



### 3. Prepare meatball mixture

Gently squeeze out the bread, discarding any liquid, and return to the bowl with the **beef, garlic, thyme, anchovy, 1 1/2 tsp spice mix** and **2 tsp Worcestershire sauce** (keep remaining spice mix and sauce for another use). Season with **salt and pepper**, and mix with your hands until well combined.



### 6. Get ready to serve

Preheat the grill to high and line an oven tray with foil. Place the **bread rolls** on the tray, then divide the meatballs and sauce between the hollowed-out shells. Scatter over the **cheddar** and grill for 1-2 mins until cheese is bubbling and golden. Serve with the rocket salad.