

MARLEY SPOON



New York Meatball Subs

with Rocket Salad



40-50min



4 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

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

What you'll require

- milk ⁷
- olive oil
- sea salt and pepper

Utensils

- foil
- large 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.



2. Prepare ingredients

Meanwhile, crush or finely chop the **garlic**. Pick the **thyme** leaves. Finely chop the **anchovy**. Coarsely grate the **cheddar**.



3. Prepare meatball mixture

Gently squeeze out the bread, discarding any liquid, and return to the bowl with the **beef, garlic, thyme, anchovy, 3 tsp spice mix** (keep remainder for another use) and **Worcestershire sauce**. Season with **salt and pepper**, and mix with your hands until well combined.



4. Shape and cook meatballs

Roll the beef mixture into 16 golfball-sized balls. Heat the **oil** in a medium frypan over medium-high heat. Working in batches, cook the meatballs, turning regularly, for 5 mins or until browned.



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.



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.