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## Meatball and Coleslaw Subs

with Japanese Barbecue Sauce



20-30min



2 Portions

Japanese purists may not approve, but these warm, crusty rolls loaded with juicy beef meatballs, creamy zucchini and cabbage slaw, and sweet tonkatsu - Japan's take on barbecue sauce - are hands-down delicious.

## What we send

- aioli mayonnaise<sup>3</sup>
- carrot
- tonkatsu sauce<sup>6</sup>
- parmesan<sup>7</sup>
- panko breadcrumbs<sup>1</sup>
- beef mince
- sandwich roll<sup>1,6</sup>
- zucchini
- savoy cabbage

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- olive oil
- sea salt and pepper
- water

## Utensils

- baking paper
- box grater
- large frypan
- oven tray
- small saucepan

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

## Allergens

Gluten (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens.

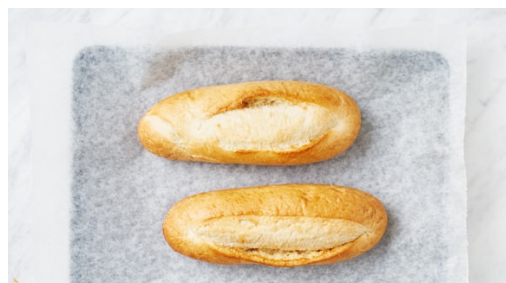
## Nutrition per serving

Energy 995kcal, Fat 48.0g, Carbs 78.8g, Proteins 57.3g



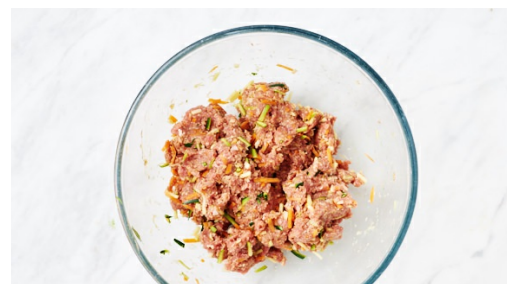
### 1. Prepare ingredients

**Read through the recipe.** Heat the oven to 220C. Line 2 oven trays with baking paper. Peel the **carrot**. Coarsely grate **half the carrot** and **half the zucchini**. Finely grate **25g (1/4 cup) parmesan\*\***.



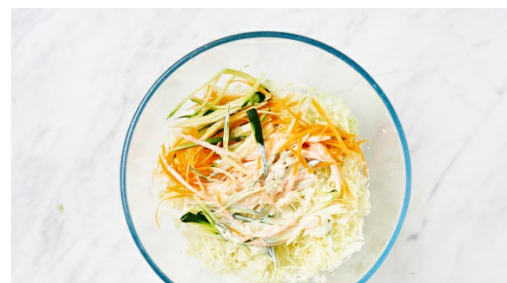
### 4. Warm rolls

Put the **bread rolls** on one lined tray and warm in the oven for 8-10 mins until warmed through. Meanwhile, heat **3 tsp olive oil** in a large frypan over medium heat. Cook the **meatballs**, in batches, turning regularly, for 6-8 mins until golden. Transfer to the second lined tray and finish cooking in the oven for 4 mins or until cooked through.



### 2. Roll meatballs

Put the **parmesan, grated vegetables, beef mince, breadcrumbs** and **2 tsp tonkatsu sauce** in a large bowl and season with **salt and pepper**. Using clean hands, combine well, then roll into 10 walnut sized-balls.



### 5. Toss coleslaw

Meanwhile, put the **aioli** in a small bowl, season with **salt and pepper** and whisk in **1 tbs water** to thin the dressing. Add to the **cabbage mixture** and toss to coat. Put the **remaining tonkatsu sauce** in a small saucepan and cook over low heat until warmed through.



### 3. Prepare vegetables

Thinly slice the **cabbage**. Using a julienne peeler or grater, shred or coarsely grate the **remaining carrot** and **zucchini**. Combine the vegetables in a bowl.



### 6. Get ready to serve

Make a deep slit lengthwise through the top of the **warm rolls**. Divide the **coleslaw** and **meatballs** among the rolls, then drizzle with the **warm tonkatsu sauce**. Serve any **remaining coleslaw** on the side.