
Meatball and Coleslaw Subs

with Japanese Barbecue Sauce



20-30min



4 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

- parmesan ^{3,7}
- panko breadcrumbs ¹
- beef mince
- cabbage
- sandwich roll ^{1,6}
- aioli mayonnaise ³
- carrot
- tonkatsu sauce ⁶
- zucchini

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 980kcal, Fat 45.8g, Carbs 79.4g, Proteins 57.7g



1. Prepare ingredients

Read through the recipe. Heat the oven to 220C. Line 2 oven trays with baking paper. Peel the **carrots**. Coarsely grate **1 carrot** and **1 zucchini**. Finely grate the **parmesan**.



2. Roll meatballs

Put the **parmesan, grated vegetables, beef mince, breadcrumbs** and **1 tbs tonkatsu sauce** in a large bowl and season with **salt and pepper**. Using clean hands, combine well, then roll into 20 walnut sized-balls.



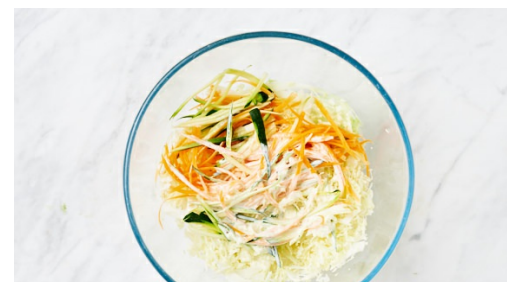
3. Prepare vegetables

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.



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 **1½ tbs 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.



5. Toss coleslaw

Meanwhile, put the **aioli** in a small bowl, season with **salt and pepper** and whisk in **2 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.



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.