



**Product Spotlight:  
Alfalfa sprouts**

Alfalfa sprouts are a type of legume in sprouted form! They are delicious in sandwiches and salads and are easy to grow at home in a sprout-growing kit!



## Swedish Beef Meatball Subs

A Swedish twist on the classic meatball sub! Beef meatballs with a hint of nutmeg and an aioli based beetroot and apple salad served in crusty Turkish rolls.

 20 minutes

 2 servings

 Beef

20 January 2023

## Almost an Aussie!

*Transform this dish into an Aussie burger! Use a dried herb in the mince and form into patties instead. Slice the beetroot and serve in rolls with salad fillings. Add tomato sauce, pineapple or even an egg!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	39g	77g

## FROM YOUR BOX

BEEF MINCE	300g
COOKED BEETROOT	1 packet
RED APPLE	1
AIOLI	100g
LEBANESE CUCUMBER	1
ALFALFA SPROUTS	1 punnet
TURKISH ROLLS	2-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground nutmeg

## KEY UTENSILS

large frypan

## NOTES

You can keep the beetroot, apple and aioli as separate fillings if preferred.

**No gluten option** – Turkish rolls are replaced with GF Turkish rolls.



### 1. COOK THE MEATBALLS

Set oven to 200°C (optional for step 4).

Heat a frypan over medium-high heat with **oil**. Combine beef with **1/4 tsp nutmeg, salt and pepper**. Roll into 1 tbsp sized meatballs, and add to pan as you go. Cook for 10 minutes, turning until cooked through.



### 2. PREPARE THE BEETROOT

Dice (or slice) beetroot. Grate apple. Toss together with aioli and season with **salt and pepper** to taste (see notes).



### 3. PREPARE THE FILLINGS

Slice cucumber. Set aside with alfalfa sprouts (use to taste).



### 4. TOAST THE ROLLS (OPTIONAL)

Slice open the rolls and toast in the oven for 3–5 minutes until golden.



### 5. FINISH AND SERVE

Assemble rolls with cucumber, sprouts, beetroot salad and cooked meatballs.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

