



Product Spotlight: Swiss Cheese

Rather than being the handiwork of hungry mice, the holes in cheese are created by tiny (and very safe) bacteria. The bacteria break down the lactose, releasing carbon dioxide. With no means of escape, this gas collects in the cheese to form the holes we see.



French Onion Beef Meatball Subs

Do you love French onion soup? Do you like meatball subs? Well have we got the dinner for you! This dish perfectly combines those dishes to give you a filling dinner, with a fresh salad of rocket leaves and apple!



25 minutes



4 servings



Beef

Bulk it up!

Want to get some extra servings or bulk up this dish? Serve with a side of potato or sweet potato wedges, a tray bake of roasted vegetables, sautéed green veggies or add extra fresh veggies to the side salad.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	44g	75g

FROM YOUR BOX

GARLIC CLOVES	2
BEEF MINCE	600g
BROWN ONIONS	2
GREEN APPLES	2
ROCKET LEAVES	120g
SOUSDOUGH ROLLS	4-pack
SWISS CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, red wine vinegar, stock cube

KEY UTENSILS

large frypan, saucepan

NOTES

Tablespoonfuls of mixture will make approximately 20 meatballs.

We used a beef stock cube.

No gluten option - sourdough rolls are replaced with GF rolls.



1. MAKE & SEAR MEATBALLS

Crush **garlic** and add 1/2 (reserve remaining for step 2) to a bowl along with **beef mince**, **3 tsp thyme**, **salt and pepper**. Mix and roll tablespoonfuls into meatballs. Heat a large frypan over medium-high heat. Add meatballs and cook for 5 minutes to brown. Remove to a plate.



2. CAMELISE THE ONION

Slice **onions**. Add to pan over heat along with remaining garlic and extra **oil or butter**. Cook for 5 minutes until softened.



3. ADD THE MEATBALLS

Stir in **crumbled stock cube**, **1 1/2 cups water** and return meatballs to pan. Simmer, semi-covered, for 5-8 minutes, until liquid has reduced by half.



4. PREPARE THE SALAD

Set oven to grill function or 250°C.

Slice **apples**. Add to a bowl along with **rocket leaves** and **2 tsp vinegar**. Toss to combine



5. GRILL THE CHEESE

Have **rolls** and place open side up on an oven tray. Layer on slices of **cheese**. Place in grill/oven for 2-5 minutes until cheese is melted.



6. FINISH AND SERVE

Season caramelised onions to taste with **salt and pepper**.

Fill subs with meatballs and caramelised onion (spoon in sauce from pan). Serve with side salad.



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