



Meatball Parm Subs

with Caesar Salad



30-40min



2 Servings

Tuck in your napkin—this saucy meatball Parm sub has it all. Tender meatballs simmer in marinara sauce before getting topped with melted mozzarella and loaded onto toasted ciabatta rolls. You'll be tucking into this red sauce joint classic in a breeze, thanks to easy peasy meatballs and ready to heat sauce. No-fuss and all flavor is our favorite way to make dinner on busy nights.

What we send

- 10 oz pkg grass-fed ground beef
- 1 oz panko ²
- 8 oz marinara sauce
- 3¾ oz mozzarella ³
- ¾ oz Parmesan ³
- 1 romaine heart
- 2 ciabatta rolls ²
- 2 oz Caesar dressing ^{1,4,3,5}

What you need

- olive oil
- kosher salt & ground pepper
- large egg ¹

Tools

- medium skillet
- microplane or grater
- rimmed baking sheet

Allergens

Egg (1), Wheat (2), Milk (3), Fish (4), Soy (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1030kcal, Fat 43g, Carbs 69g, Protein 59g



1. Simmer meatballs

To a medium bowl, add **beef**, **1 large egg**, **¼ cup panko**, **½ teaspoon salt**, and **several grinds of pepper**. Knead to combine; form into 8 meatballs.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **meatballs**; cook, turning occasionally, until cooked through, 12-16 minutes. Add **marinara**. Bring to a simmer; cover and reduce heat to low. Simmer until reduced, 5 minutes.



4. Toast bread

Preheat broiler with a rack in the upper third. Split **ciabatta rolls**, then drizzle cut sides lightly with **oil**. Place on a rimmed baking sheet, oiled side up, and broil on upper oven rack until lightly toasted, 1-2 minutes (watch closely as broilers vary).

Arrange **mozzarella** on cut side of rolls; broil until cheese is just melted, 1-2 minutes (watch closely).



2. Prep ingredients

Meanwhile, thinly slice **mozzarella**. Finely grate **Parmesan**, if necessary. Cut **romaine**, crosswise, into ½-inch wide ribbons; discard stem end.



5. Assemble

Top one half of each **roll** with **meatballs and sauce**, then close sandwiches with other half. Add **romaine** to bowl with **dressing** and toss to coat; season to taste with **salt** and **pepper**.

Serve **meatball subs** with **salad** alongside.



3. Make dressing

Stir **Caesar dressing** and **Parmesan** into a medium bowl.



6. Serve

Enjoy!