



Fast! Meatball Parm Subs

with Caesar Salad



ca. 20min



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 pre-made meatballs and sauce. No-fuss and all flavor is our favorite way to make dinner on busy nights.

What we send

- ½ lb meatballs
- 8 oz marinara sauce
- 3¾ oz mozzarella ⁷
- ¾ oz Parmesan ⁷
- 1 lemon
- garlic
- 2 oz mayonnaise ^{3,6}
- 2 ciabatta rolls ¹
- 1 romaine heart

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium skillet
- microplane or grater
- rimmed baking sheet

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 46g, Carbs 62g,
Protein 26g



1. Brown meatballs & simmer

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **meatballs** and cook, turning occasionally, until well browned all over, 3-4 minutes.

Add **marinara sauce** to skillet with meatballs (careful, oil might splatter). Bring to a simmer; cover and reduce heat to low. Continue simmering until meatballs are heated through, about 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**. Cut **romaine**, crosswise, into ½-inch wide ribbons; discard stem end.

Finely grate **half of the lemon zest** and squeeze **half of the lemon juice** into a medium bowl. Finely grate **¼ teaspoon garlic** into bowl with lemon juice and zest.



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 **mayonnaise** and **Parmesan** into bowl with **lemon-garlic mixture**. Season to taste with **salt and pepper**.



6. Serve

Enjoy!