



Easy Prep! 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 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 ¹
- 8 oz marinara sauce
- 3¾ oz mozzarella ⁷
- ¾ oz Parmesan ⁷
- 1 romaine heart
- 2 ciabatta rolls ¹
- 2 oz Caesar dressing ^{3,4,6,7}

What you need

- olive oil
- kosher salt & ground pepper
- large egg ³

Tools

- medium skillet
- microplane or grater
- rimmed baking sheet

Allergens

Wheat (1), Egg (3), Fish (4), Soy (6), Milk (7). 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 58g



1. Prep meatballs & simmer

In a medium bowl, add beef, 1 large egg, ¼ cup panko, several grinds of pepper, and ½ teaspoon salt. Knead gently to combine. Shape into 8 meatballs.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **meatballs** and cook, turning occasionally, until well browned and cooked, 12-15 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

Add **marinara sauce** to skillet with meatballs (careful, oil might splatter). Bring to a simmer; cover and reduce heat to low. Cover to keep warm.

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!