



# Meatball Subs

Recipe by School Food Matters



Serves 6



30 minutes

## INGREDIENTS

- 500g beef mince
- ½ large zucchini, grated
- 1 large carrot, grated
- 1 tsp mixed herbs
- 700g bottle passata
- Salt and pepper to taste
- ¾ cup low fat grated cheddar cheese
- 6 long wholemeal rolls
- Small amount of oil for frying
- Extra grated zucchini and carrot for the sauce

## DIRECTIONS

1. Turn oven on to 180°C.
2. Place mince, mixed herbs, zucchini and carrot in a bowl and mix well to combine.
3. Using a tablespoon, scoop a slightly mounded amount and roll into a ball. Make 24 meatballs.
4. Heat a frying pan with the oil. Add meatballs and cook until browned. Shaking the pan helps.
5. Add tomato sauce to the meatballs (more grated zucchini and carrot can be added to the sauce),
6. Reduce the heat to low and simmer for 15 minutes.
7. Check seasoning and adjust if needed.
8. Using a bread knife, carefully make a cut lengthways down the centre of the bread rolls. Be careful not to cut all the way through.
9. Place four meatballs into the centre split with a tablespoon of sauce and sprinkle with grated cheese ready to serve.
10. Place in the oven to melt the cheese.



## Afternoons

with Joel Rheinberger  
on 936AM and the ABC listen app

