



# Meatball sub

Published, 2023

Traffic light category: **Green** Serves: 160 balls (32g)

## Ingredients

- 2kg lean beef mince
- 1 cup carrot, grated
- 1 cup zucchini, grated
- ½ cup spring onions, finely sliced
- 1 teaspoon reduced salt vegetable stock powder
- ½ teaspoon onion flakes
- 2 teaspoons dried mixed herbs
- 2 cups panko or fresh breadcrumbs
- 500g jar passata or raguletto pasta sauce (if not using canteen made sauce)
- 32 long bread rolls, preferably wholemeal
- 2 cups reduced fat cheese, grated if desired

## Method

1. Heat oven to 180°C, line a baking tray with greaseproof paper
2. Combine all ingredients, except breadcrumbs, pasta sauce and rolls in a large bowl, mix well
3. Roll mixture into 20g balls
4. Roll balls in breadcrumbs, then place on oven tray
5. Bake in oven for 20-25 minutes or until cooked through and brown
6. Heat sauce in a large frypan, add balls to sauce
7. Place 5 balls in a bread roll, top with grated cheese if using, wrap in greaseproof paper or foil, place in pie warmer until service.



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