



## Meatball sub with provolone & jalapenos

### Ingredients: (Serves 4)

500g beef mince  
2 tablespoons fennel seeds  
pinch of salt  
1 tablespoon olive oil  
1 red onion, thinly sliced  
1 red capsicum, thinly sliced  
4 garlic cloves, thinly sliced  
400mL tomato passata  
4 small baguettes, cut down the middle but not all the way through  
8 slices provolone cheese  
2 cups rocket  
½ bunch of basil, leaves picked  
2 tablespoons jalapenos

### Method:

1. Place mince, fennel seeds and a pinch of salt in a large bowl. Work with clean hands until well combined, then roll into 3cm meatballs. Heat oil in a large frying pan over medium-high heat. Cook meatballs for 3-4 minutes or until golden brown. Remove from pan and set aside.
2. Add onion and capsicum to pan and cook for 2-3 minutes or until softened. Add garlic and cook for 1 minute or until fragrant. Stir through tomato passata and bring to the boil. Return meatballs to the pan, bring to the boil once more then reduce heat to medium-low. Simmer for 6-8 minutes or until sauce has thickened and reduced and meatballs have cooked through.
3. Meanwhile, preheat grill setting on oven to high. Place rolls on a lined baking tray with cheese slices on one side. Grill for 2-3 minutes or until bread is golden and cheese is melted.
4. To serve, fill each roll with meatballs and sauce then top with rocket, basil and jalapenos.

### Nutrition Information: (Per serve)

Energy:	2417kJ (577cal)	Protein:	43.9g	Total Fat:	24.1g
Saturated Fat:	9.6g	Carbohydrate:	42.2g	Sugars:	10.2g
Fibre:	8.4g	Sodium:	866mg		