

Italian Meatball Sandwiches

with Caesar-Style Romaine Salad

Depending on the region, this classic Italian-American sandwich goes by many names, from hoagie to hero to grinder to sub. Most believe that it originated in the Northeastern U.S., spreading from Maine down through New England. Now, it's a national staple—and whatever you call it at home, the sandwich is incredibly delicious. Served on a hearty Italian roll, ours is filled with traditionally-spiced meatballs and topped with homemade tomato sauce, Parmesan and melty mozzarella.



Ingredients

- 1½ Pounds Ground Beef
- 4 Sub Rolls
- 1 28-Ounce Can Crushed Tomatoes
- 8 Ounces Fresh Mozzarella Cheese
- 4 Cloves Garlic
- 1 Head Romaine Lettuce
- 1 Yellow Onion
- 1 Lemon

Knick Knacks

- 2 Teaspoons Dijon Mustard
- ⅓ Cup Grated Parmesan Cheese
- ⅓ Cup Panko Breadcrumbs
- ½ Teaspoon Italian Seasoning

Makes 4 Servings

About 700 Calories Per Serving

Cooking Time: 35 to 45 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp93

1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Peel and mince the garlic. Peel and small dice the onion. Slice the rolls lengthwise, keeping them intact (they should look like hot dog buns). Thinly slice the mozzarella cheese. Cut off and discard the root end of the lettuce; roughly chop the leaves. Quarter and deseed the lemon.

2



Cook the aromatics:

In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic, onion** and **Italian seasoning**; season with salt and pepper. Cook, stirring frequently, 3 to 5 minutes, or until softened and fragrant. Remove from heat. Transfer **half the cooked aromatics** to a large bowl, leaving the remaining cooked aromatics in the pan.

3



Form & brown the meatballs:

Add the **ground beef, breadcrumbs** and **half the Parmesan cheese** to the bowl of cooked aromatics; season with salt and pepper. Gently mix until just combined. Using your hands, form the mixture into 16 equal-sized meatballs. In a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **meatballs** and cook, flipping occasionally, 5 to 7 minutes, or until browned on all sides; season with salt and pepper.

4



Make the sauce & finish the meatballs:

While the meatballs cook, add the **crushed tomatoes** to the pan of remaining cooked aromatics; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium. Simmer 3 to 5 minutes, or until thickened; season with salt and pepper. Add the **browned meatballs**. Simmer, stirring occasionally, 6 to 8 minutes, or until the meatballs are cooked through. Remove from heat.

5



Assemble & toast the sandwiches:

Place the **rolls** on a sheet pan, cut sides up. Spread a layer of the **sauce** into each roll (you may have extra sauce). Divide the **finished meatballs, mozzarella cheese** and **half the remaining Parmesan cheese** between the rolls. Toast in the oven 3 to 5 minutes, or until the mozzarella cheese has melted. Remove from the oven and transfer to a serving dish.

6



Make the salad & serve your dish:

While the sandwiches toast, in a medium bowl, combine the **mustard, remaining Parmesan cheese** and the **juice of 2 lemon wedges**; season with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until well combined. Place the **lettuce** in a large bowl; season with salt and pepper. Add enough of the **dressing** to coat the salad (you may have extra dressing); toss to mix and season with salt and pepper to taste. Transfer to a serving dish. Serve the **toasted sandwiches** and **salad** with the **remaining lemon wedges** and **any remaining sauce** on the side. Enjoy!