

UCOOK

Italian Wagyu Meatball Sub

with a rich tomato sauce, bocconcini balls & a zesty salad

The sandwich of dreams! There's something so comforting about this sub, almost as if a homestyle Italian meal has been served on a buttery toasted bun instead of a plate! It has a rich tomato sauce, melty bocconcini balls and is topped with fresh basil leaves.

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Ella Nasser

 Fan Faves

 Boschendal | 1685 Merlot

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

12	Free-range Wagyu Meatballs
400g	Cooked Chopped Tomato
20ml	NOMU Italian Rub
4	Sourdough Baguettes
12	Bocconcini Balls <i>drained</i>
160g	Green Leaves <i>rinsed</i>
2	Lemons <i>zested & cut into wedges</i>
10g	Fresh Basil <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. GET YOUR WAGYU ON Preheat the oven to 200°C. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the meatballs for 4-6 minutes, shifting as they colour, until browned but not cooked through. Add the cooked chopped tomato, the rub, and seasoning. Leave to simmer for 8-10 minutes until slightly reduced, stirring occasionally.

2. LET THEM EAT BREAD! Cut the baguettes in half, making sure to not to cut all the way through. Spread butter over the cut-sides of the bread. Pop on a baking tray, cut-side up. Increase the oven to the grill setting or the highest temperature. Pop the tray of baguettes into the hot oven and bake for 3-4 minutes until the butter is melted and the baguettes are warmed through. Watch carefully as they can burn easily!

3. CHEESY SUB Once the baguettes are toasted, remove the tray from the oven. Fill the baguettes with the meatballs, tomato sauce, and the drained bocconcini balls. Return the tray to the oven and cook the meatball subs for 2-4 minutes, until the cheese is melted.

4. TOSS UP In a bowl, combine the rinsed green leaves, the lemon zest, a squeeze of lemon juice (to taste), seasoning, and a drizzle of oil.

5. A BITE OF PERFECTION Top the meatball sub with the picked basil leaves. Serve with the zesty salad and a lemon wedge. Dig in, Chef!

Nutritional Information

Per 100g

Energy	817kJ
Energy	195Kcal
Protein	9.8g
Carbs	16g
of which sugars	2.5g
Fibre	1.4g
Fat	10.5g
of which saturated	4.6g
Sodium	260mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within 3
Days