

Meatball Sandwich with Quick Tomato Sauce



Ingredients

- ¼ cup extra virgin olive oil
- ½ tsp. salt
- 1x 400ml can crush tomatoes
- 1 tbsp. salt reduce tomato paste
- 1 clove garlic, grated
- 1 tsp. lemon zest
- 1 tsp. dried basil
- 1 tsp. dried parsley
- 2 tbsp. of honey

Meat Ball Ingredients:

- 150g lean pork mince
- 150g lean beef mince
- 150g zucchini, finely grated (squeeze out excess wash with a tea towel)
- ½ cup wholemeal fresh breadcrumbs
- 1 small brown onion, finely chopped
- 1 garlic clove, crushed
- 1 egg, lightly whisked
- 2 tbsp. chopped fresh basil

Sandwich ingredients:

- 4 good quality wholemeal or wholegrain bread rolls, cut in half
- Extra virgin olive oil for drizzling
- 1 cup of rocket
- ½ cup shaved Parmesan cheese

In a large saucepan combine the olive oil, tomato, tomato paste, garlic, sea salt, herbs, honey and lemon zest, sauté for 5 minute. Leave to cool.

Place all of the ingredients into a food processor and blend till smooth.

Place all of the meatball ingredients into a bowl and thoroughly combine.

Roll into 50c balls and the place into the tomato sauce.

Cook for approx. 10 minutes or till cooked. Leave to cool.

To serve place the rolls on a platter, open the rolls and drizzle with a little olive oil, a little rocket, 4 meatballs and a spoonful of sauce, a little Parmesan.

<http://www.goodchefbadchef.com.au/recipes/896-meatball-sandwich-with-quick-tomato-sauce>