



# MUSHROOM MEATBALL SUBS WITH CAESAR SALAD

SERVES 2 OR 4  
TIME: 45 MIN  
CALORIES: 710/SERVING



These mushroom “meatball” subs are next level comfort food, filled with nourishing plant based ingredients. A mixture of lentils, mushrooms, walnuts and spices are mixed together to form delicious meatballs, then stuffed between soft buns, smothered in tomato sauce and topped with melty vegan mozzarella. Served with a crisp caesar salad.

## WHAT YOU'LL NEED

- Baking sheet
- Silicone baking mat (optinal)
- Large pan
- Small pot
- Oil
- Salt
- Pepper



## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

### WHAT'S INSIDE

	2 servings	4 servings
Mushrooms	4 oz	8 oz
Onion	1	2
Garlic	2 cloves	4 cloves
Lentils	1/3 cup	2/3 cup
Soya-roasted walnuts	1/4 cup	1/2 cup
Dry mix	1/3 cup	2/3 cup
Buns	2	4
Tomato sauce	1 cup	2 cups
Shredded cheese	1/3 cup	2/3 cup
Romaine lettuce	1 head	1 head
Caesar dressing	1/4 cup	1/2 cup



Preheat oven to 400°F and prep ingredients: finely chop **mushrooms**, finely dice **onion**, mince **garlic**, rinse **lentils**, finely chop **walnuts**, halve the **buns**, and chop **lettuce**.

Toss **lettuce** with **caesar dressing** and set salad aside.



Combine the **lentils** in a small pot with 1 cup of **water** and bring to a boil over high heat. Let boil for a few minutes then cover, reduce to low, and cook for 15 minutes until tender. Drain.



Meanwhile, heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan over medium heat. Once hot, add the **onions**, **garlic**, and **mushrooms** and cook for 8-10 minutes until browned and cooked down. Add the **chopped walnuts** and cook until just fragrant



Transfer the **mushroom mix** to a mixing bowl, then add the **lentils** to the pan and season generously with **salt** and **pepper**. Cook over medium heat, stirring often, until the **lentils** have dried out. Remove from heat and roughly mash **lentils** using a fork. Combine with the **mushroom mix** then add the **dry mix**.



Mix and mash until ingredients are well combined, adding water as needed until the mix comes together (about 3 tbsp). Divide the mixture into 8 equal portions (16 for 4 servings) and roll into balls. Place them on the baking sheet lined with a silicone baking mat or lightly greased, brush each one with a bit of **oil**, and bake for 25 minutes.



Meanwhile, warm the **tomato sauce** in a small pot. Sprinkle each **bun** with **shredded cheese** and add to the oven for the last 5 minutes of cook time. To serve, divide the **meatballs** between buns and top with **warmed sauce**. Serve with **caesar salad**.

Nutrition Facts		Valeur nutritive	
Per Serving (690 g)			
pour 1 (690 g)			
Calories 710	% Daily Value*		
% valeur quotidienne*			
<b>Fat / Lipides</b> 31 g	41 %		
Saturated / saturés 3.5 g	18 %		
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 90 g			
Fibre / Fibres 22 g	79 %		
Sugars / Sucres 17 g	17 %		
<b>Protein / Protéines</b> 33 g			
<b>Cholesterol / Cholestérol</b> 0 mg	0 %		
<b>Sodium</b> 1210 mg	53 %		
Potassium 1800 mg	38 %		
Calcium 450 mg	35 %		
Iron / Fer 10 mg	56 %		
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			