

Italian Meatball Ciabatta Sandwich



Serves 4

Prep 10 mins

Cooking 20 mins

Easy

Ingredients

2 tbsp extra virgin olive oil, plus extra for brushing
400g veal mince or buy ready-made beef or veal meatballs.
400g tin tomatoes
3 oregano sprigs
1 tbsp balsamic vinegar
1/2 tsp sugar
1 aubergine, thinly sliced
4 ciabatta rolls, cut in half
50g parmesan grated
some salad leaves

1. First make the meatballs from the veal mince. They should be the size of small golf balls.
2. In a large frying pan, heat the oil and fry the meatballs, shaking the pan until browned all over, followed by the tomatoes, oregano, balsamic vinegar and sugar. Season to taste.
3. While the sauce thickens, brush the aubergine slices with olive oil and griddle on a high heat for 2 mins each side, then remove. Next brush the cut side of the ciabatta with olive oil and warm on the griddle.
4. To assemble the sandwich, place 2 slices of aubergine, 6 meatballs, parmesan and salad leaves in each roll. Eat warm.