

Malmö Meatball Subs



Makes 8 subs Prep 35 mins + chilling Cook 20 mins Easy

Ingredients

1-2 tbsp oil for frying
2 tbsp white wine vinegar
1 tbsp golden caster sugar
1/2 cucumber, thinly sliced
4 sub rolls halved or 1 long thin baguette,
cut into five chunks
cranberry sauce

For the meatballs

300g pork mince
50 breadcrumbs
1 tsp caraway or fennel seeds
1 egg, beaten
1 tsp mustard
1 tbsp clear honey
grating of nutmeg

1. Mix all the meatball ingredients together, then shape into walnut-sized balls. Freeze for 30 mins to firm up or chill in the fridge for up to 24 hours.
2. Heat the oven to 220c/ 200C fan/ Gas 7. Roll the meatballs in the oil on a baking tray, then roast for 20 mins until browned and cooked through.
3. When the meatballs are nearly ready, mix the vinegar and sugar in a mixing bowl to dissolve, then stir in the cucumber.
4. Split the baguette chunks, rolls or subs and spread with a little cranberry sauce. Add some sliced cucumber and 2-3 meatballs, arrange on a platter to serve.