



**Meatball Submarine**  
肉丸潜水艇

Notes

# Meatball Submarine

Preparation time : 20 minutes  
Cooking time : 20 minutes

## Ingredients (Serves 10-15 children)

### For the meatball

Minced skinless chicken breast or minced lean beef	500 grams
Hot dog bun	10-15 buns
Lettuce - shredded	1 ½ cups
Cheddar cheese*	5-8 slices
Breadcrumbs	¾ cup
Egg* - beaten	2 large
Onion - peeled and chopped finely	2 large
Garlic - peeled and chopped finely	3 cloves
Mixed dried herbs(egs. basil, oregano)	¼ teaspoon
Salt	½ teaspoon
Oil*	2 tablespoons

### For the sauce

Tomato - grated	7 medium
Tomato paste	5 tablespoons
Garlic - peeled and sliced	3 cloves
Water	1 ½ cups
Oil*	3 teaspoons
Sugar	3 teaspoons
Salt	¾ teaspoon

\* Choose products with the Healthier Choice Symbol

### Preparation Method

1. Mix the chicken/beef with breadcrumbs, eggs, onions, garlic, herbs and salt. Keep it in the refrigerator for half an hour and then take it out
2. Divide the mixture into 20-30 equal portions with wet palms. Shape into meatballs
3. Pan-fry the meatballs with oil until they turn light brown. Keep aside
4. For the sauce, stir-fry the garlic with oil
5. Add the tomatoes, tomato paste, water, sugar and salt. Cook for 5 minutes
6. Add the meat balls. Cook for 10-12 minutes
7. To assemble, cut open the hot dog bun to make a pocket. Put some lettuce in it and top with meatballs
8. Sprinkle with cheese
9. Serve

Do You Know. . .

Home-made tomato sauce contains less salt than ketchup.

### Chef's Tip

The meatballs can also be served with rice or pasta.

# 肉丸潜水艇

准备时间: 20 分钟  
烹调时间: 20 分钟

## 材料 (供 10-15 儿童)

### 肉丸

去皮鸡胸肉碎或牛肉碎	500 克
熟狗汉堡包	10-15 个
西生菜 - 切丝	1 ½ 杯
车打乳酪*	5-8 片
面包碎	¾ 杯
蛋* - 打散	2 粒 (大)
洋葱 - 去皮及切碎	2 个 (大)
蒜头 - 去皮及切碎	3 粒
乾混合香草 (如罗勒和牛至)	¼ 茶匙
盐	½ 茶匙
油*	2 汤匙

### 酱汁

蕃茄 - 捣烂	7 粒 (中)
蕃茄酱	5 汤匙
蒜头 - 去皮及切片	3 粒
水	1 ½ 杯
油*	3 茶匙
糖	3 茶匙
盐	¾ 茶匙

\* 选用有「较健康选择标志」(HCS) 的产品

### 烹调方法

1. 把鸡/牛肉碎与面包碎、蛋、洋葱、蒜头、香草和盐混合在一起，放在冰箱里冷冻半小时后拿出来
2. 用湿手把混合的材料分成20-30等份，并做成肉丸状
3. 用油把肉丸煎成浅褐色。待用
4. 用油把蒜头略炒一下以准备酱汁
5. 加入蕃茄、蕃茄酱、水、糖和盐，再煮5分钟
6. 加入肉丸，让肉丸在酱汁里煮10-12分钟
7. 把熟狗汉堡包切开，腾出空位，放一点西生菜，然後放入肉丸
8. 撒上乳酪
9. 上菜

### 厨师小提示

除了面包外，肉丸还可搭配饭/意粉。

你知道吗. . .

这个自制的蕃茄酱比市面上的茄汁含较少的盐份。