



In your box

- 6 oz. Cremini Mushrooms
- 8 oz. Green Beans
- 2 Mini Baguettes
- ½ cup Panko Breadcrumbs
- 2 fl. oz. Liquid Egg
- ½ oz. Grated Parmesan Cheese
- 1 ½ oz. Italian Dressing
- 3 fl. oz. Marinara Sauce
- 1 ½ oz. Mozzarella Cheese Slices

CONTAINS milk, eggs, wheat, soy



Vegetarian Mushroom Meatball Sub

with Italian-roasted green beans

NUTRITION per serving—Calories: 799, Carbohydrates: 125g, Fat: 23g, Protein: 39g, Sodium: 1778mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
7 days

Difficulty Level ● ● ○
Intermediate

Spice Level ○ ○ ○ ○
Not Spicy

🕒 You will need

Olive Oil, Cooking Spray
Baking Sheet, Mixing Bowl, Medium Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Prepare Ingredients and Form Balls

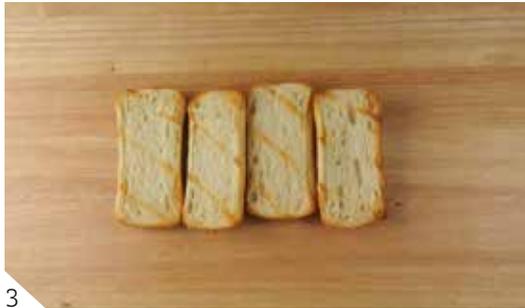
- Finely chop **mushrooms**.
- Trim ends off **green beans**.
- Halve **baguette** lengthwise.
- Place mushrooms, **panko**, **liquid egg**, and **Parmesan** in a mixing bowl. Using your hands, knead until a mixture forms that sticks together. *If needed, add water 1 Tbsp. at a time until desired consistency is reached.*
- Form mixture into “meatballs,” about the size of golf balls.



2

Roast the Green Beans

- Toss **green beans** in **Italian dressing** on prepared baking sheet.
- Spread into a single layer and roast until tender, 8-10 minutes. Remove green beans to a plate and replace foil on baking sheet.
- While green beans roast, toast bread and cook “meatballs.”



3

Toast the Bread

- Place **baguette halves** directly on oven rack. Bake until toasted, 3-5 minutes.
- While bread toasts, cook “meatballs.”



4

Cook the “Meatballs”

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Place “**meatballs**” in hot pan. Stir occasionally until browned all over, 3-5 minutes. Remove from burner.



5

Finish the Dish

- Place bottom **baguette** halves on prepared baking sheet.
- Spread **marinara sauce** on halves, place “**meatballs**” on marinara sauce, and top with **mozzarella**.
- Bake until cheese is melted, 2-3 minutes.
- Plate dish as pictured on front of card. Bon appétit!