

# Seafood Meatball Parmesan Sandwich



## INGREDIENTS

1/2	Pound	<u>Seafood Sensations®</u>
1	Egg	Egg, Beaten
1/4	Cup	Panko
1/8	Cup	Parmesan Cheese, Grated
1	Tablespoon	Olive Oil
	n	
1/2	Teaspoon	Italian Seasoning
1/2	Teaspoon	Garlic Powder
1/2	Teaspoon	Onion Powder
To	Taste	Salt & Pepper
1/8	Teaspoon	Red Pepper Flakes
1	Cup	Marinara Sauce
1/2	Cup	Shredded Italian Cheese Blend
1	Each	Italian Bread Sub Roll
1	Tablespoon	Chopped Italian Parsley
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FEATURED PRODUCTS:

MENU PARTS: Sandwiches

Add this remix to your sandwich menu and you might have to drop all the other sandwiches. OK, maybe not. But they're gonna love Seafood Sensations® "meatballs".

## DIRECTIONS

1. Mix the Seafood Sensations® with the egg, panko, parmesan cheese, olive oil and seasonings. Let refrigerate for 4 hours.
2. Form the mixture into equal size meatballs. Bake on a lined sheet pan at 400°F for 18-20 minutes.
3. Toast the Italian sub roll and add the meatballs, top with warm marinara sauce, sprinkle the cheese and bake till the cheese is melted and the roll is toasty.
4. Sprinkle with parsley and serve hot.