

Butter Chicken Meatball Sub



Classification:

Everyday

Serves:

20

Prep. Time:

22 min

Cooking Time:

26 min

Ingredients:

- 2kg chicken mince
- 4 ½ cups wholemeal breadcrumbs
- 10 large eggs
- 1 ½ tbsp garlic, minced
- 1 tbsp mixed herbs, dried or fresh
- 3 medium onions, diced
- 4 medium carrots, grated
- 1 x 400g can diced tomatoes
- 3 ½ cups butter chicken sauce or 1.5 jars of commercial butter chicken sauce
- 3 cups green cabbage, chopped
- 20 hotdog bread rolls (or rolls of choice)
- 1 cup grated cheese

Method:

1. Preheat oven to 200°C.
2. In a large bowl, combine mince, breadcrumbs, eggs, garlic, herbs, onion and carrot.
3. Measure out approximately 1 ½ tbsp of the mixture and roll lightly to form a ball. Repeat with remaining mixture.
4. Place meatballs onto a lined baking tray, then bake for 18–20 minutes until golden brown or cooked through.
5. Warm the diced tomatoes and butter chicken sauce in a saucepan over medium heat.
6. Put ¼ cup of the chopped cabbage into each roll, top with 4 meatballs in each hotdog roll. Top with ¼ cup sauce and sprinkle with grated cheese.

Equipment:

- Knife
- Grater
- Oven
- Large bowl
- Mixing spoon & ladle
- Measuring cups
- Baking tray
- Baking paper

Tips and Variations:

- Replace chicken with lean beef, pork, turkey or vegetarian mince.
- Choose reduced-fat varieties of cheese.
- Meatballs and sauce can be frozen and heated when ready to serve.
- Since this is an Everyday recipe, why not kick-start each week with "Meatball Monday"?