

# Jason Pettit – Capital Radio Recipe



## **Messy Meatball Subs – something new for bonfire night!**

Soft and delicious meatballs cooked in a quick and easy tomato sauce with loads of grated cheese over the top all loaded into soft submarine rolls are sure to please!

### **Ingredients – serves 4 people**

600	gm	beef mince
1	ea	egg – beaten (large size)
1	cup	fresh breadcrumbs
1	med	onion (peeled and chopped finely)
3	clove	garlic (peeled and chopped finely)
2	Tsp	Worcestershire sauce
2	Tbsp	flat leaf parsley – chopped
		<i>salt &amp; black pepper to taste</i>
2	Tbsp	olive oil
2	Tbsp	olive oil
3	clove	garlic (peeled and sliced finely)
½	Tsp	oregano – dried
½	Tsp	thyme - dried
2	Tbsp	flat leaf parsley – chopped
3	tins	chopped tomatoes
100	gm	cheddar cheese (grated)
100	gm	mozzarella cheese (grated)
4	ea	submarine rolls (or other soft long rolls)

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Goes great with jacket potatoes or chunky skin on wedges!

## **Method**

Place beef mince into a bowl and loosen. Add all dry ingredients and lightly season then mix to combine. Add the beaten egg and mix until well combined.

Form into balls the size of a walnut and place onto a greased tray.

Pre-heat a large sauté pan over a medium heat then add 2 Tbsp of oil. Add a single layer of meatballs and allow to cook until seared golden brown then turn them over – until seared all over (approx. 45 seconds per side).

Scoop the seared balls and place into an oven pre-heated to 180°C for 8 – 10 minutes to finish cooking.

If your pan will not take all the meatballs at once, then sear them in batches.

Add 2 Tbsp of olive oil to the same pan, add the sliced garlic and sauté until aromatic and fragrant and the garlic has lost its raw aroma.

Add the dried herbs and tinned tomatoes and stir.

Season lightly and cook on a fast simmer for a few minutes until the sauce starts to thicken.

Add the chopped parsley and cooked meatballs and stir to coat.

Simmer for several minutes so the meatballs absorb some of the sauce.

Taste and adjust the seasoning as required.

Split the submarine rolls lengthways so they open but remain whole.

Fill each roll with meatballs and spoon over as much sauce as you can.

Mix the grated cheeses together and sprinkle generously over the meatballs.

Serve with wedges or jackets potatoes.

Notes from the chef:

*The meatballs can be made in advance and kept in the fridge – bring them to room temperature before searing though.*

*Fresh breadcrumbs keep the meatballs soft – easily made by blending a roll.*

*The finished meatballs can be kept warm in the sauce and simply served in the rolls later.*

*Different cheese may be used to replace the cheddar such as Cheshire, Manchego or Wensleydale.*

*Some dried chili flakes added to the sauce adds a nice warming taste.*

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Tbsp - tablespoon

Tsp - teaspoon