

Meatball Subs

Per Portion
1,089 Calories
44.75g Protein
101.75g Carbs
56.5g Fat



Ingredients

- 2 large eggs
- Salt and pepper
- 40g breadcrumbs
- 4 large cloves garlic (2 grated and 2 chopped)
- 30g cheese + more for topping
 - 1 tbsp parsley
- 200g sausages, de-skinned
 - 200g beef mince
- 300g cherry tomatoes
 - 1 tbsp chilli flakes
 - 1 tbsp oil
- 4 sub rolls
- 6 tbsp soft cheese
- ½ bag of salad

For the potato wedges

- 4 medium potatoes
 - 15 tbsp oil
 - ½ tsp paprika
 - ½ tsp parsley
- ½ tsp chili powder
 - ½ tsp salt
- 1/8 tsp black pepper

Method

1. In a large bowl, whisk together the eggs, 1/2 teaspoon each of salt and pepper. Stir in the breadcrumbs and let them sit for 1 minute.
2. Stir in the grated garlic, cheese, and parsley. Add the sausages and beef, gently mixing to combine.
3. Shape the meat mixture into 20 balls, about 1 1/2 inches each, and place them in a single layer on the air fryer rack. If necessary, cook in batches to avoid stacking.
4. Air-fry the meatballs at 200°C for 5 minutes.
5. In a separate bowl, toss the cherry tomatoes, chopped garlic, chili flakes, olive oil, and 1/4 teaspoon each of salt and pepper.
6. Scatter the tomato mixture over the meatballs in the air fryer and continue air-frying until the meatballs are cooked through, about 10 minutes more.
7. Spread the soft cheese on toasted rolls, then top with meatballs, grated cheese and roasted tomatoes.
8. Wrap the subs in foil and put them back in the air fryer for 4 minutes to melt the cheese.
9. Serve with the potato wedges and a side salad.

Lets make the potato wedges

1. Cut each potato in half lengthwise. Then cut each half in half lengthwise again, and finally, cut each quarter in half lengthwise.
2. Place the potato wedges in a large bowl. Add olive oil, paprika, parsley, chili powder, salt, and black pepper. Mix until well combined.
3. Place the potato wedges in the basket of the air fryer and cook for 10 minutes at 200°C.
4. Shake the potato wedges and cook for another 5 minutes.