

Recipe attributed to Sarah Glover, Traeger Grills Australia Ambassador and Author of WILD: Adventure Cookbook

### Roasted - Meatball Breakfast Sub



Cooking time: 2 hours and 45 mins

Feeds: 6 people

#### **Ingredients:**

##### **Meat balls:**

500 g quality minced beef, pork, or a mixture of the two

500g pork meat

300g Ricotta

300g Parmesan cheese

1/2 cup bread crumbs

1 large free-range egg

olive oil

1 medium onion

2 cloves of garlic

2 x 400 g tin of plum tomatoes

##### **Sub**

X1 long Subs

1/2 cup grated cheddar Cheese

X10 Eggs

##### **Method:**

Set your [Traeger Grill](#) to 180c.

Add all the ingredients into a dish and mix together with your hands, shape into balls, about the size of golf balls. Place on a tray side by side.



Cook in the grill for approx 20 mins or until lightly golden, in a pot add the tomatoes, and red wine, add the meatballs, cover and place back in the grill. Cook for 2 hours till the liquid has reduced and the meat has caramelised. Cool

Place some meatballs on the sub, add the cheese and grill for 20 mins, till melted, while its grilling add eggs to the pan and place on top. Close the lid of the Traeger Grill and cook for another 5 mins to the cheese melts.

#### **ABOUT:**

**Sarah Glover**, Author of **WILD: Adventure Cookbook and Ambassador for [Traeger Grills](#)**

**Australia:** The internationally renowned chef and explorer, who has travelled the world in search of epic food and wild adventures. As a classically trained chef and pastry chef, Sarah brings skill to wood-fired cooking, scaling windswept cliffs and salty stretches of beach to create simple, uncomplicated and seriously tasty food (always with a grin!).

Sarah has forged a career in Bondi Beach, Tasmania and beyond. She is the author of **WILD: Adventure Cookbook** and owner of the Wild Kitchen, a catering company founded on extraordinary events, cooked up under the stars.

**Traeger Grills Australia:** Traeger Grills, headquartered in Salt Lake City, has been revolutionising BBQ grilling and outdoor cooking for over 30 years with one simple, all-encompassing cooking solution. Traeger pellet grills use 100% all-natural hardwood fuel to infuse food with flavorful smoke, making food taste delicious and most of all, memorable. As the inventor of the original and world's top selling wood-fired grill, Traeger utilizes wood-fired convection power to provide 6-in-1 versatility; grill, smoke, bake, roast, braise and BBQ meals to perfection every time. For more information about Traeger Grills' complete product line, where to buy and to learn more about the wood-fired difference, visit [www.traegergrills.com.au](http://www.traegergrills.com.au)