



Buffalo Chicken Meatball Sandwich Recipe

My First Fiery Sandwich

I first made these meatballs for my grandson, Leo. He loves anything with a little kick. I was a bit nervous. Would they be too spicy for him?

He took one big bite. His eyes got wide. Then he grinned and asked for another. I still laugh at that. It is a happy kitchen memory for me.

Why This Recipe Works

This sandwich is all about balance. The spicy buffalo sauce makes your tongue tingle. The cool, crunchy slaw calms it right down. It is a perfect little dance in your mouth.

That is why this matters. Food should be a fun adventure. It should make you feel good from the first bite to the last. What is your favorite food adventure?

Let's Talk About the Crunch

The slaw is not just for looks. That celery and cabbage give you a fresh crunch. It is like a nice surprise with every bite. Doesn't that sound good?

Fun fact: The blue cheese in the slaw is very old. Cheesemakers use mold to make it! That is what gives it such a strong, tangy taste. I think that is pretty neat.

A Little Tip For You

When you mix the meatball ingredients, be gentle. Do not squeeze it too much. Just mix until it comes together. This keeps your meatballs soft and tender.

This is a good lesson for cooking. Being rough is not always better. Sometimes, a soft touch makes the best food. Do you have a cooking tip you learned from someone?

The Best Part is Assembly

Toasting the buns is my favorite step. That butter and buffalo sauce mix smells amazing. It makes your whole kitchen feel warm and welcoming.

Then you build your sandwich. Meatballs, slaw, a little extra drizzle. Making it look nice is part of the fun. That is why this matters. You eat with your eyes first.



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Ingredients:

Ingredient	Amount	Notes
Ground chicken	2 pounds	
Plain panko	1 cup (108 g)	
Large eggs, beaten	2	
Sharp cheddar cheese, shredded	½ cup (56.5 g)	
Dry ranch seasoning	3 tablespoons	
Buffalo sauce	½ cup (136.5 g)	Divided, for meatballs
Garlic powder	1 teaspoon	
Canola oil	1 tablespoon	For pan-frying
Unsalted butter	1 tablespoon	For pan-frying
Celery ribs, finely diced	4	For the slaw
Green onions, finely chopped	3	For the slaw
Green cabbage, shredded	½ cup (44.5 g)	For the slaw
Blue cheese, crumbled	½ cup (56 g)	For the slaw
Fresh chives, chopped	1 tablespoon	For the slaw
Lemon juice	1 tablespoon	For the slaw
Blue cheese dressing	¼ cup (61 g)	For the slaw
Kosher salt	¼ teaspoon	For the slaw
Hoagie rolls	6	
Unsalted butter, melted	2 tablespoons	For the rolls
Buffalo sauce	¼ cup (68 g)	For the rolls



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My Zesty Buffalo Chicken Meatball Sandwiches

My grandson Leo calls these my “super-powered” sandwiches. He is right. They have a little kick and a lot of crunch. Making them always reminds me of noisy family dinners. I love the sizzle of the meatballs in the pan. Doesn’t that smell amazing?

- **Step 1:** Grab a big bowl. Put in the chicken, panko, eggs, and cheese. Add the ranch seasoning and that first bit of buffalo sauce. Mix it gently with your fingers. You want everything just combined. (A hard-learned tip: over-mixing makes tough meatballs. Be kind to your food!)
- **Step 2:** Now, form your meatballs. I like to wet my hands first. This stops the chicken from sticking. Roll them into little balls. Place them on your baking sheet. See? You are already a pro. *What’s your favorite part of cooking so far? Share below!*
- **Step 3:** Time to cook. Heat the oil and butter in your pan. Add the meatballs carefully. Do not crowd them. We want them golden brown, not steamed. Cook them until they are safe to eat. Then, toss them in more buffalo sauce. That double dose gives them so much flavor. I still laugh at how my husband always sneaks one at this stage.
- **Step 4:** Make the slaw while they cook. Just chop and toss everything together. The celery and cabbage add a fresh crunch. The blue cheese gives it a tangy bite. It is the perfect cool partner for our spicy meatballs.
- **Step 5:** Do not forget the rolls. Mix that melted butter with buffalo sauce. Brush it all over the inside of the hoagies. This toasts them and adds flavor. It is a simple step that makes a huge difference.

Your kitchen will smell so good.

- **Step 6:** Now for the fun part. Build your sandwich. Slaw on the bottom, then the warm meatballs, then more slaw on top. Drizzle a little extra dressing if you like. Then take a big, happy bite. You have earned it.

See also White Peach Sangria

Cook Time 25-30 minutes

Total Time 45 minutes

Yield 6 servings

Category Dinner, Lunch

Three Fun Twists to Try

This recipe is like a good friend. It is wonderful as it is, but you can also dress it up. Feel like playing with your food? Here are some ideas I have tried over the years.

- **Veggie Power Balls:** Use mashed chickpeas or lentils instead of chicken. They are just as tasty and satisfying.
- **Sweet & Smoky Swap:** Try barbecue sauce instead of buffalo. Add a pinch of smoked paprika. It is a whole new adventure.
- **Cheesy Dream:** Tuck a small cube of mozzarella inside each meatball. You will get a lovely, melty surprise in the middle.

Which one would you try first? Comment below!

What to Serve With Your Sandwich

A great sandwich deserves great friends on the plate. I like to keep things simple and crunchy. It balances the warm, zesty meatballs perfectly.

On the side, I always serve a big dill pickle spear. Some crispy potato chips or a simple carrot stick salad are wonderful too. For a drink, a tall glass of lemonade or iced tea is my go-to. For the grown-ups, a cold lager beer is a classic pairing. It cuts right through the spice.

Which would you choose tonight?



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Keeping Your Meatball Sandwiches Tasty Later

Let's talk about storing these delicious sandwiches. You can keep the cooked meatballs in the fridge for three days. Just put them in a sealed container. The slaw is best when it's fresh and crunchy.

You can also freeze the meatballs for a quick future meal. Let them cool completely first. Then place them on a baking sheet to freeze solid. After that, pop them into a freezer bag. This stops them from sticking together. I once froze them in a big clump. It was a mess to separate.

See also [Creamy Pasta with Chicken Recipe](#)

Reheating is simple for a fast lunch. Warm the meatballs in a skillet with a splash of water. This keeps them from drying out. Batch cooking like this saves you time on a busy day. It means a good meal is always close by. **Have you ever tried storing it this way? Share below!**

Fixing Common Meatball Sandwich Troubles

Sometimes the meatball mixture can feel too wet. If this happens, just add a little more panko. This will help everything stick together better. I remember when my first batch spread out in the pan. A bit more panko fixed it right up.

Do not overcrowd your skillet when cooking. Give the meatballs some space. This lets them get a nice brown crust instead of steaming. A good sear gives you so much more flavor. It turns a simple meal into

something special.

Your slaw might get soggy if you make it too early. Mix it up just before you are ready to eat. The crisp celery and cabbage add a wonderful crunch. Getting these small things right builds your cooking confidence.

Which of these problems have you run into before?

Your Quick Meatball Questions Answered

Q: Can I make this gluten-free?

A: Yes! Just use your favorite gluten-free panko and rolls.

Q: Can I make the meatballs ahead?

A: Absolutely. You can form them a day before and keep them chilled.

Q: I do not like blue cheese. What can I use?

A: Try shredded mozzarella in the slaw. It is much milder.

Q: Can I double the recipe for a crowd?

A: You sure can. Just use two skillets to cook the meatballs.

See also Creamy Chicken Pot Pie Noodle Bake

Q: Any optional tips?

A: Toasting the rolls is my secret. *It makes the sandwich extra special.*

Which tip will you try first?

A Little Note From My Kitchen to Yours

I hope you love making these zesty sandwiches. Cooking should be fun and full of flavor. It is all about sharing good food with good people.

I would be so happy to see your creation. **Have you tried this recipe?**



Tag us on Pinterest! You can find me at TheThornTable. Seeing your kitchen wins makes my whole day.

Happy cooking!
—Elowen Thorn.

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Buffalo Chicken Meatball Sandwich Recipe | 16

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Buffalo Chicken Meatball Sandwich Recipe | 18

Cooking Method: [Stovetop Baking](#)



Buffalo Chicken Meatball Sandwich Recipe | 19

Cuisine: [American](#)



Buffalo Chicken Meatball Sandwich Recipe | 20

Courses: [Lunch](#) [Main](#)



Buffalo Chicken Meatball Sandwich Recipe | 21

Difficulty: **Beginner**



Buffalo Chicken Meatball Sandwich Recipe | 22

Prep time: **20 minutes**



Buffalo Chicken Meatball Sandwich Recipe | 23

Cook time: **20 minutes**



Rest time:



Buffalo Chicken Meatball Sandwich Recipe | 25

Total time: **40 minutes**



Buffalo Chicken Meatball Sandwich Recipe | 26

Servings: **6 servings**



Buffalo Chicken Meatball Sandwich Recipe | 27

Calories:**824 kcal**

Best Season: **Summer**

Description

These Buffalo Chicken Meatball Sandwiches are packed with flavor,

featuring juicy, spicy meatballs, a crisp blue cheese slaw, and toasted hoagie rolls.

Ingredients

- 2 pounds ground chicken
- 1 cup (108 g) plain panko
- 2 large eggs, beaten
- ½ cup (56.5 g) sharp cheddar cheese, shredded
- 3 tablespoons dry ranch seasoning
- ½ cup (136.5 g) buffalo sauce, divided
- 1 teaspoon garlic powder
- 1 tablespoon canola oil, for pan-frying
- 1 tablespoon unsalted butter, for pan-frying
- 4 ribs celery, finely diced
- 3 green onions, finely chopped
- ½ cup (44.5 g) green cabbage, shredded
- ½ cup (56 g) crumbled blue cheese
- 1 tablespoon chopped fresh chives
- 1 tablespoon lemon juice
- ¼ cup (61 g) blue cheese dressing
- ¼ teaspoon kosher salt
- 6 hoagie rolls
- 2 tablespoons unsalted butter, melted
- ¼ cup (68 g) buffalo sauce

Instructions

1. Line a baking sheet with parchment paper.
2. To a large bowl, add ground chicken, panko, beaten eggs, cheese, ranch seasoning mix, ¼ cup buffalo sauce, and garlic powder. Mix

together until just combined, being careful not to overwork the ingredients.

3. Greasing hands before starting, form the mixture into desired-sized meatballs. Place the meatballs onto the lined baking sheet.
4. To a large nonstick skillet over medium heat, add oil and butter. Once hot, place the meatballs in the skillet, working in batches to not overcrowd the pan. Cook until the outsides are browned and they reach an internal temperature of 165°F (5-8 minutes). Toss the meatballs with the remaining $\frac{1}{4}$ cup of buffalo sauce. Cover the skillet to keep the meatballs warm as you prepare the slaw and the buns.
5. For the Slaw: To a medium bowl, add celery, green onion, cabbage, blue cheese crumbles, chives, lemon juice, blue cheese dressing, and kosher salt. Mix until combined.
6. For the Rolls: Preheat oven to 450°F. Line a baking sheet with parchment paper.
7. In a small bowl, mix melted butter with buffalo sauce.
8. If not already cut, slice the hoagie rolls open lengthwise down the center, being careful not to cut all the way through the bread. Brush the inside and outside of each roll with the buffalo butter. Place onto the lined baking sheet.
9. Toast the rolls in the oven for 8-10 minutes.
10. Assembly: After toasting the rolls, place 2-3 tablespoons of slaw on the bottom of each. Top with 3-5 meatballs and 1-2 more tablespoons of slaw. Drizzle the top with blue cheese dressing, blue cheese crumbles, and buffalo sauce. Enjoy!

Notes

For a milder flavor, use less buffalo sauce. You can also substitute the blue cheese for feta or omit it entirely.

Keywords: Buffalo Chicken, Meatball Sandwich, Spicy, Game Day, Lunch