

Recipes and Tips



Asian Influenced Chicken Meatballs

Serves 4

- 1 Tbs. vegetable oil
- 1 egg
- 1 lb. ground chicken breast
- 4 spring onions (3 minced + 1 thinly sliced)
- ½ red bell pepper, finely chopped
- 2 cloves garlic, minced
- 1 Tbs. + 1 Tbs. minced ginger
- 1 Tbs. + 2 Tbs. reduced-sodium soy sauce
- ½ cup whole wheat bread crumbs
- 1 tsp. toasted sesame oil
- 2 tsp. balsamic vinegar
- ½ tsp. brown sugar
- 2 Tbs. toasted sesame seeds

Preheat the oven to 240° C. Coat a large lined rimmed baking pan with the oil

In a large bowl, lightly beat the egg. Mix in the chicken, minced scallions, bell pepper, garlic, 1 Tbs. ginger, 1 Tbs. soy sauce, and bread crumbs. Form the mixture into about 20 small meatballs of about 2 Tbs. each and place them on the pan.

Roast the meatballs on the top oven rack until cooked through, 10-12 minutes.

In a small bowl, mix the sliced scallion with the remaining 1 Tbs. ginger and 2 Tbs. soy sauce and the sesame oil, vinegar, and sugar.

Divide the meatballs into four bowls. Top with the sesame seeds. Serve with the sauce.