



# Chicken meatballs with BBQ sauce

20'  
Hands on

35'  
Cook Time

5  
Portion(s)

1  
Difficulty



## Ingredients

- 2 tablespoon(s) olive oil
- 1 onion
- 1/4 teaspoon(s) anise, seeds
- 1 clove(s) of garlic
- 100 g [sandwich bread](#), wholegrain
- 500 g ground chicken
- 1 tablespoon(s) parsley, finely chopped
- 1 teaspoon(s) mint, finely chopped
- 1 teaspoon(s) worcestershire sauce
- salt
- pepper
- lemon zest, of 1 lemon
- 100 g [BBQ sauce](#)
- 100 g strained yogurt, to serve
- 1 cucumber, to serve
- mint, tips, to serve

## Method

- Preheat oven at 180° C (356\* F) Set to Fan.
- Heat the olive oil in a [pan](#) over medium heat.
- [Finely chop](#) the onion. Sauté the onion and the star anise for 2-3 minutes until golden.
- Finely chop the garlic and sauté with the onion for 1 minute.
- Remove from pan and set aside to cool.
- In a food processor, beat the bread until crumbled. Transfer to a [bowl](#).
- Add the onion, star anise and garlic (they are cool by now), the ground chicken, parsley, mint, Worcestershire sauce, salt, pepper and lemon zest. Mix until homogenized.
- Shape the mixture into 40 g balls and place them in a line one next to the other on a [baking pan](#) lined with parchment paper.
- Bake in the oven for 25 minutes.
- Remove baking pan from oven. Brush the [BBQ sauce](#) on top of the meatballs and bake again for 10 more minutes.
- Serve with the yogurt and the cucumber (cut the cucumber into thin slices).
- Decorate with mint tips and [serve](#).

## Διατροφικός πίνακας

Nutrition information per portion

201 Calories (kcal)	3.8 Total Fat (g)	0.7 Saturated Fat (g)	15.0 Total Carbs (g)
10%	5%	4%	6%
6.9 Sugars (g)	26.0 Protein (g)	1.3 Fibre (g)	0.81 Sodium (g)
8%	52%	5%	14%