



Baked Spicy Chicken Meat Balls

10'
Hands on

30'
Cook Time

18
Portion(s)

1
Difficulty



Ingredients

- 300 g ground chicken, breast
- 300 g ground chicken, thigh
- 2 onions
- 2 clove(s) of garlic
- lemon zest, of 2 lemons
- 1 teaspoon(s) curry
- 1 egg
- 100 g whole-grain cereals
- 50 g olive oil
- 1/4 bunch parsley
- 1/4 bunch mint
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

76 Calories (kcal)	3.4 Total Fat (g)	0.6 Saturated Fat (g)	2.5 Total Carbs (g)
4%	5%	3%	1%
1.1 Sugars (g)	8.7 Protein (g)	0.0 Fibre (g)	0.35 Sodium (g)
1%	17%	0%	6%

Method

Photo credit:
G. Drakopoulos

Meat balls! Tasty, easy and healthy since they are baked in the oven and not fried...
Try them and let us know if you liked them!!

- Combine the 2 types of ground meat and herbs. Mix well and set aside.
- Preheat the oven to 200 * C (390°F) Fan.
- Finely chop the onions. Sauté them in a pan with some olive oil over medium to low heat. This should take about 10 minutes, since we want the onions to be well cooked. Add the garlic 3 minutes before the onions are done. When ready, set aside to cool.
- Combine all of the ingredients for the meatballs in a large bowl and mix with your hands. Roll the mixture into 3-4 cm balls. Before putting meatballs into 2 large baking pans, line with parchment paper.
- Bake at 200* C (390°F), for 20 minutes.

Tip

The onion should be finely chopped, not put in the food processor so it won't release any liquids.