

Chicken Meatballs

Written by Nisha Pinto

Ingredients

1¼ lb (550 g) ground chicken
½ cup (125 mL) dry bread crumbs
¼ cup (50 mL) chopped green onions
¼ cup (50 mL) chopped cilantro
1 egg
1 clove garlic, minced
1 tbsp (15 mL) soy sauce
1 tbsp (15 mL) grated ginger
¼ tsp (1 mL) red pepper flakes (optional)

Method

Preheat the oven to 375°F (190°C). Grease a cookie sheet or baking pan.

In a large bowl, combine the ground meat, bread crumbs, green onions, cilantro, egg, garlic, soy sauce, ginger and red pepper flakes. Mix well (plastic-gloved hands are excellent for this kind of work) until the ingredients are evenly combined.

With wet hands (or with plastic gloves), roll the meat mixture into 1 in. (2 cm) diameter balls. Arrange on the prepared cookie sheet, leaving a little room between them so they brown evenly. Place meatballs in the oven and bake, turning over once, for 30 to 35 min. They should be cooked through and very lightly browned.