



CHICKEN MEATBALLS

SERVES 4

An alternative to beef meatballs, these are delicious served with a mixed veggie mash.

INGREDIENTS

- 500 g chicken mince
- 1 slice wholewheat bread, soaked in stock
- 15 ml freshly grated ginger
- 1 red chilli, seeded and chopped
- 1 medium onion, finely grated
- 2 cloves of garlic, crushed
- 1 egg, beaten
- 3 large baby marrows, finely grated
- 3 carrots, finely grated
- 20 ml fish sauce
- 7,5 ml cumin
- 45 ml fresh mint, finely chopped
- 45 ml fresh coriander, finely chopped
- 10 - 15 ml oil for frying

METHOD:

1. Place all the ingredients, except oil, in an AMC 24 cm Dome. Mix well and season to taste. Roll into small balls.
2. Heat an AMC 24 cm Gourmet Fry Pan or 30 cm Electric Frying Pan over a medium temperature (Probe on 6) until the Visiotherm® reaches the first red area. Coat base of pan with a thin layer of oil, then fry meatballs on both sides until cooked through and golden brown. Spoon out and repeat with remaining meatballs. Temperature stays on medium setting.
3. Once cooked, serve meatballs warm with a mixed vegetable mash and a green salad.

TIPS

- If preferred, omit the ginger, fish sauce, coriander and mint and add some finely chopped parsley.

- Freeze cooked meatballs and defrost them as needed – great to pop into lunch boxes.