

Sesame Ginger Chicken Meatballs



Servings:

6

Prep Time:

10 minutes

Cook Time:

15 minutes

Ingredients

- 1 lb **Ground Chicken**
- 1 tbsp **Garlic**, minced
- ½ cup **Breadcrumbs**
- 1/3 cup **Scallions**, diced
- 1 ½ tbsp **Grated Ginger**
- 1 **Egg**
- 3 tsp **Sesame Oil**
- 2 tsp **Low Sodium Tamari or Soy Sauce**
- ¼ tsp **Black Pepper**
- ¼ tsp **Crushed Red Pepper Flakes**
- --- **For Sauce:**
- 1/3 cup **Low Sodium Tamari or Soy Sauce**
- 1 tbsp **Rice Vinegar**
- 1 ½ tsp **Grated Ginger**

Method of Preparation

Step 1

Preheat oven to 450°F, line a baking sheet with parchment paper. Lightly grease the parchment paper.

Mix all ingredients together in a bowl.

Step 2

Form into 1" balls and place on the parchment paper. Lightly brush the tops with oil.

Bake for 10-12 minutes or until browned.

Step 3

While the meatballs are in the oven, heat a sauce pan over medium heat. Add tamari, rice vinegar, ginger, garlic, sesame oil, and honey. Whisk and bring to a simmer.

Mix cornstarch slurry together and add to pan. Whisk until thickened.

Step 4

Remove meatballs from the oven, and brush the sauce onto each. Place back in the oven for 2-3 minutes or until internal temperature reaches 165°F.

Serve oven brown rice and garnish with scallions.

- 1 tsp **Sesame Oil**
- 1 tsp **Garlic**, minced
- ¼ cup **Honey**
- 2 tsp **Corn Starch**
- 1 tbsp **Cold Water**

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