

Thai Chicken Meatballs

Recipe makes 6 servings, each serving is:

418
kcal

11 g
fat

41 g
carbs

38 g
pro

Ingredients

- 2 x 450 g pkgs extra lean ground chicken breasts
- 1/2 c. cilantro chopped fine
- 1/2 c. panko breadcrumbs
- 2-3 Tbsp mixture of garlic, ginger, red chili peppers
- 1-2 Tbsp lemon grass paste
- Salt & pepper

Coconut Curry Sawce

- 1 c. bell pepper, diced
- 1 c. yellow onion, diced
- 1 c. carrots, peeled & grated
- 1 can (247 ml) light coconut milk
- 1/2 c. chicken stock or bone broth
- 1-2 Tbsp tomato paste
- 1-2 Tbsp yellow curry powder
- 1-2 tsp of coconut sugar
- 1/2-1 tsp each of cumin and garam masala
- Juice of 1 lime
- Salt & pepper

Other ingredients:

- 4 c. cooked basmati rice

Directions

1. In a large mixing bowl combine all of the chicken ball ingredients.
2. In a large pan, over medium heat, oil and brown half the meatballs until they are golden brown and about 80% cooked through then remove from heat. Repeat with the other half.
3. Add the pepper, onion, and carrots to the pan with some salt & pepper. Cook until soft.
4. Add in the chicken stock, coconut milk, tomato paste, spices. Mix the ingredients well and bring to a simmer.
5. Add the chicken meatballs back in and simmer until cooked to 165 degrees F.
6. Serve with rice, meatballs, and the coconut curry sawce.
Optional garnish with cilantro and a lime wedge.

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