



Chicken
Breast
Leftovers
RECIPE

Baked Chicken Meatballs

Ingredients

500g of chicken mince (or blitz 4 chicken breasts in food processor until minced)
1 egg
1 red pepper chopped finely
85g wholemeal breadcrumbs
50g parmesan
1 garlic clove crushed
Black pepper

Method

Mix all the ingredients in a bowl until combined. Shape the mixture into small balls and place on an oven tray and cook for 25 minutes at 180°C.

Top Tip - Why not experiment by adding other flavours – spicy curried chicken balls, smoked paprika and chilli Mexican balls, garlic and basil? These are beautiful with pasta or even as a tasty lunch when added to a pitta bread with salad and tomato salsa.