

Chicken Meatballs Recipe

Ingredients

500 grams chicken mince

1 grated carrot

1 grated zucchini

1 shallot (or a small diced onion)

1 egg

1 cup bread crumbs

Sweet chili sauce to taste (I used 2 tablespoons)

Salt and Pepper to taste

2 tablespoons olive oil (for frying)

Method

1. Mix all ingredients together in a large bowl (expect oil).
2. Form balls using your hands.
3. Heat oil in a fry pan and brown the chicken balls carefully.
4. Place browned meat balls on a baking paper lined tray and cook in a 180°C oven for about 20 minutes, until cooked through.
5. I served the chicken meatballs with baked chips, vegetates and cheese sauce.