



-SWEETS & EATS-

- CHICKEN PARMESAN MEATBALLS -

PREP TIME

15 mins

COOK TIME

40

SERVINGS

4

INGREDIENTS

1 pound ground chicken
1 container of bocconcini (mini mozzarella balls/if you can't find them just buy a hunk of mozzarella and break off little pieces)
1 egg
½ cup grated parmesan
½ cup panko breadcrumbs
1 teaspoon salt

1 teaspoon oregano
½ teaspoon red chili flakes
½ onion, diced
1 jar of your favorite tomato sauce (I love Rao's vodka sauce)
3 tablespoons olive oil
½ cup all purpose flour
Fresh shaved Parmesan, for garnish
Fresh basil, for garnish
Fresh oregano, for garnish

INSTRUCTIONS

1. Preheat oven to 350.
2. In a large bowl gently mix together the chicken, eggs, parmesan, panko and seasonings. Roll into golf ball sized balls. Place a mozzarella ball into the center of each meatball- make sure to reform the ball and that the cheese is covered.
3. Heat a sauté pan to medium heat. Add olive oil to the pan. Roll each ball into the flour and place in pan. Cook for 3-4 minutes until golden brown on each side.
4. Once all of the meatballs are golden brown, remove from the pan and set aside.
5. To the same pan, add in the diced onion and cook for 3-4 minutes over medium heat until onions are soft. Turn off the heat and add the marinara sauce to the pan. Place the meatballs on top of the sauce. You can place a couple of the mozzarella balls around the pan if you wish...I mean, the more cheese the better!
6. Bake for 20 minutes.
7. Remove from oven and top with parmesan shavings, fresh basil and oregano. Serve with crusty garlic bread.

Enjoy y'all!

