

# CHICKEN BALLS



## QUICK

Less than 12 mins prep time

## HEALTHY

Spinach is an excellent source of vitamin K, which is important for maintaining good bone health

## FAMILY



Feeds 5

## MEALS

Delicious served with a salad and wholemeal rice

## INGREDIENTS

- 2 packs chicken mince - approx. 1kg
- 1 medium onion – chopped finely
- 3 handfuls breadcrumbs
- 2 eggs
- 1 large handful spinach – chopped
- 2 garlic cloves
- Optional – 1 heaped tbs ground flaxseeds
- pinch salt

## METHOD

- 1) Preheat the oven to 180°C (Fan oven)
- 2) Line a baking tray with non stick paper
- 3) Mix all the chicken balls ingredients in a bowl
- 4) If a little too sticky to roll into balls – add some more breadcrumbs
- 5) Roll the mixture into approx. 20-25 golf balls sized balls
- 6) Place on the tray and cook for 20-25 minutes until golden



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)