

PESTO 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 rice

INGREDIENTS

Chicken balls ingredients

- 2 packs Chicken mince - approx. 1kg
- 1 medium onion – chopped finely
- 2 large handfuls breadcrumbs
- 2 eggs
- Optional – 1 heaped tbs ground flaxseeds

Pesto ingredients

- 50g basil / spinach
- 2 cloves garlic
- 50g pine nuts
- 50 ml olive oil
- A large pinch salt
- Water to make it pourable 1-2 tbs

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) Make the pesto by mixing all of the pesto ingredients (except water) in a blender
- 5) Add the water to make it easier to remove from the blender. If you can get it out easily – leave it out.
- 6) Add pesto to the chicken ball mix.
- 7) If a little too sticky to roll into balls – add some more breadcrumbs
- 8) Roll the mixture into approx. 20-25 golf balls sized balls – (TIP - putting a little oil on your fingers may make it easier)
- 9) 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