

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

These freeze really well so make a double batch

INGREDIENTS

- 1 kg chicken mince
- 1 medium onion
- 40g breadcrumbs
- 2 eggs
- 80g spinach
- 2 garlic cloves
- 1 heaped tbs ground flaxseeds
- S & P

METHOD

- 1) Preheat the oven to 180°C (Fan oven)
- 2) Line a baking tray with non stick paper
- 3) Mince the garlic and add to a large bowl
- 4) Dice the onion and add
- 5) Chop the spinach and add
- 6) Add the eggs, flaxseeds, breadcrumbs, S&P and chicken
- 7) Mix well
- 8) If a little too sticky to roll into balls – add some more breadcrumbs
- 9) Roll the mixture into approx. 20-25 golf balls sized balls
- 10) Place on the tray and cook for 20-25 minutes until golden
- 11) Enjoy



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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