

## Ingredients

	25 BALLS	50 BALLS	75 BALLS
Chicken mince	500g	1kg	1.5kg
Egg, lightly whisked	1	2	3
Cooked rice	1 cup	2 cups	3 cups
Breadcrumbs	1 cup	2 cup	3 cups
Garlic cloves, crushed	2	4	6
Coriander leaves, finely chopped	½ cup	1 cup	1 ½ cups
Shallots, thinly sliced	2	4	6
Fresh ginger, finely grated	3cm piece	6cm piece	9cm piece
Sweet chilli sauce	2 tbs	4 tbs	6 tbs
Peanut oil	2 tbs	4 tbs	6 tbs

**Makes 25, 50 or 75**



**Serve approximately 4 meatballs per person for a main dish**

**Tip: Bake meatballs in the oven to save cooking time**

## Method

1. In a large bowl, wear gloves and use your hands to combine all ingredients except oil. Roll tablespoon amounts of mixture into balls and place on a plate.
2. Heat peanut oil in a large frying pan over medium heat. Cook meatballs (in batches if necessary) for 15-20 minutes or until browned and completely cooked through.
3. Serve warm.

## Nutrition, hints and tips

- This recipe is high in protein, essential to maintain lean muscle mass, improve immunity and promote wound healing.
- The rice and breadcrumbs help to bind the meatballs and add to daily intake of wholegrains and fibre.
- A variety of cooked grains could be used e.g. brown rice or quinoa.

- Serve these meatballs as a high protein finger food meal or snack alongside some cooked vegetable sticks (e.g. carrot)
- A variety of dipping sauces can be used e.g. sweet chilli, tomato or BBQ sauce.
- These meatballs can accompany any rice or noodle dish. They can also be made into larger patties and served as a chicken burger or on BBQ day.