



Herby Chicken & Feta Meatballs

Prep Time: 15 minutes | Servings: 4-6 people

INGREDIENTS:

Meatballs:

- 1 kilogram chicken mince
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon dijon mustard
- 1 whole egg
- 100 grams Greek feta, crumbled
- 1 cup finely chopped mixed Herbs of choice: parsley, sage, thyme, rosemary, dill
- 1/4 cup finely sliced spring/green onion, green part only
- 1/4 cup grated Parmesan
- Zest of 1 whole Lemon zest
- 1/4 cup breadcrumbs or plain flour

METHOD:

1. Place chicken mince in a large bowl along with all ingredients and mix well.
2. Cover and allow to chill in the fridge for 1-2 hours
3. Roll into 1/4 cup balls. To best do this wet hands slightly in between rolling each chicken ball as you will find mince mixture sticky and sloppy. This helps form them into balls. Alternatively use an ice cream scoop.
4. Either cover meatballs in a lined tray overnight in the fridge or Pan fry straight away on medium high heat with a touch of olive oil for 6-8 minutes, rotating balls so that all sides are golden and cooked through.
5. Serve immediately.

TIPS/SUBSTITUTIONS:

- *Pork and veal or turkey mince can be used to replace chicken mince*
- *dry herbs can also be used but take note that the flavour will be different*
- *Danish feta can also be used but will be more creamy once crumbled*
- *for a gluten free option use rice flour rather than breadcrumbs or plain flour.*