

Glazed Chicken Meatballs

Serves: 4 people, makes 10 meatballs

Preparation time: 20 minutes **Cooking time:** 20 minutes

Ingredients

First Poultry

500g chicken mince. Not too lean

Bakers Delight

3 slices of Hi-Fibre Low-GI white block bread, crusts removed

Coles

1 stick of lemongrass

1 cup coriander leaves

1 clove garlic

1 red long chili

Astee Grocery

3 tbs fish sauce

½ cup mayo

½ cup Kewpie mayo

1 tbs chili sauce



Method

Place the lemongrass, coriander, and chili in a blender and chop finely.

Soak the bread in a little water to soften and mix through with the herbs.

Add the chicken mince and mix to a paste. Season with salt and white pepper. Place the mix into the fridge and cool down.

This allows the flavours to marinate and the mix will be easier to roll.

Divide the mix into 10 x 50g balls.

Warm a fry pan. Add the chicken meatballs. Allow to fry gently. Shake over fish sauce and 1 tbs of white sugar. This will make a tasty glaze for the balls. Cook gently for 10mins.

Mix mayo and chill sauce together until smooth and serve with meatballs.

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