

CHICKEN & APPLE MEATBALLS



- SUITABLE FROM 9 MONTHS
- DAIRY FREE
- NUT FREE
- FREEZABLE

RECIPE OF THE MONTH

CHICKEN & APPLE MEATBALLS

Ingredients

- 2 tsp olive oil
- 1 onion, finely chopped
- 1 large Granny Smith apple, peeled and grated
- 2 large chicken breasts, cut into chunks
- ½ tbsp fresh parsley, chopped
- 1 tbsp fresh thyme or sage, or a pinch of dried mixed herbs
- 1 egg yolk
- 1 unsalted chicken stock cube, crumbled
- 50g fresh white breadcrumbs
- Plain flour for coating
- Vegetable oil for frying

Method

1. Heat the olive oil in a pan and sauté half the onion for about 3 minutes.
2. Using your hands, squeeze out a little excess liquid from the grated apple.
3. Mix the apple with the chicken, then add the cooked and remaining raw onion, herbs, egg yolk, stock cube and breadcrumbs and roughly chop in a food processor for a few seconds.
4. With your hands, form into about 20 little balls, roll in flour and fry in shallow oil for about 5 minutes until lightly golden and cooked through.