

Chicken and Corriander Meatballs

Lise Marshall - DFAIT/MAECI

Ingredients:

- 1 kilo minced chicken
- 1 egg (can be left out, binds better with though)
- 2 slices bread, preferably wholegrain
- 2 TB minced or grated fresh ginger
- 2 garlic cloves, crushed
- 1 bunch coriander
- Salt and pepper to taste
- 1 TB mild mustard OR small chopped red chilli
- Milk (around 1/4 cup)

Instructions:

- I do all this in my blender (For a rougher consistency, or for those not in a hurry like I always am, chop and mix by hand)
- Put roughly torn bread and enough milk to just cover in blender, soak for 1-2 minutes and then blend. Add egg, ginger, garlic, salt, pepper, mustard or chilli and blend again
- When you have a nice mush, add the chicken mince and coriander, and blend just enough so mixture is well combined
- Roll into small balls and fry - I do this in my non stick pan but you could do in a small amount of oil
- Makes about 30 balls - Serve with tzatsiki and/or sweet chilli sauce.