



Juicy Chicken Meatballs with Charred Green Beans

These tender savory meatballs make incredible hors d'oeuvres, and can double as part of a quick weeknight dinner! Ground chicken is very lean, but the addition of milk and breadcrumbs lends a succulent, juicy quality to these Asian-inspired morsels.

Meatballs are the perfect **freezer-friendly batch-cooked protein!** You can serve them with a salad, a side of veggies, in a wrap, or even make them into larger patties to enjoy as a full-fledged burger.

Miso paste is the star of the show in this unique recipe; an earthy and smoky fermented soybean paste with a creamy texture - there is truly nothing like it. **Miso adds a salty savoriness to foods, and is incredibly nutritious with many known health benefits.**

Not only is miso credited with **improving the immune system and aiding digestion**, it is also an excellent source of **probiotic bacteria for a healthy happy gut.**

JUICY CHICKEN MEATBALLS WITH CHARRED GREEN BEANS

Serves 4

¼ cup (60ml) milk of choice

3 tbsp. white miso

2 cloves garlic, crushed

1 tbsp. root ginger, grated

1-2 chilies, diced

2 spring onions, sliced

1 tsp. salt

¾ tsp. black pepper

½ cup (55g) breadcrumbs

1 lb. (450g) minced chicken

For the charred beans:

1 lb. Green beans, with the stem pinched off

2 tbsp Avocado Oil

Salt & pepper to taste

Directions:

1. Heat oven to 425°F (220°C).
2. Place all the ingredients into a large bowl. Lightly wet your hands to prevent the mixture from sticking. Now using your hands combine all the ingredients together, mixing well.
3. Wet your hands again and shape the mixture into 12 meatballs, and place them on a baking tray lined with baking paper. Bake the meatballs in the oven for 15 minutes until golden and cooked through. Serve warm.
4. Heat a large skillet over medium-high heat.
5. In a large mixing bowl, toss together bean, oil, salt and pepper.
6. When the skillet is nice and hot, throw in your green beans. Do not stir immediately.
7. Flip your green beans around every one minute or so, until you see nice dark spots forming on them. This is caramelization - it tastes amazing!
8. After 4-5 minutes, remove from pan and serve hot with your favorite dipping sauce, steamed vegetables or rice.

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Prep	Cook
10 min	15 min