

Chicken Keftedes with Vegetables

Yield x1

16 ea. 1 oz
meatballs

Quantity

Ingredients

Herb Mix

1 TBLS	Mint, chopped
1 TBLS	Oregano, chopped
1 TBLS	Dill, chopped
4 TBLS	Parsley, chopped

Chicken Keftedes

1 #	Ground Chicken (98% Lean)
1 ea.	Garlic Clove, Fine Minced
1/4 ea.	Medium Red Onion, chopped - Roasted or sauteed
1/4 cup	Bread Crumbs - Panko
1 tsp	Coriander
1 tsp	Paprika
1 tsp	Salt
3 TBLS	Herb Mix
1 ea.	Zest of Lemon

Vegetables

1 ea.	Medium, Zucchini - Large Dice
1/2 ea.	Medium, Red Onion - Large Dice
1 ea.	Bell Pepper - Large Dice
1 ea.	Tomato - Cut into 1/8 wedges
1 clove	Garlic, Thinly sliced
About 1 cup	Chicken Stock
As Needed	Olive Oil

Procedure

Chop ingredients for Herb Mix and hold aside in bowl for later use.

Mix ingredients for Chicken Kofta and form into 16 ea. 1 oz portions rolled into balls.

Sear off meatballs browning on each side.

Once meatballs are seared, hold off on the side.

Sauté off Vegetables browning lightly.

Add meatballs back to pan and add enough chicken stock to coat bottom of pan. Bring to simmer and cover.

Cook for about 10 - 15 minutes or until meatballs reach 165°F.

Finish with a garnish of Herb Mix.