

Chicken Meatballs



Serves	4
Prep time	20 minutes
Cook time	25 minutes
Total time	45 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Main Dish , Savoury Snack
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 500g skinless chicken fillets
- 1 Medium leek (finely chopped)
- 2 teaspoons minced garlic
- 1/2 cup rice crumbs
- Salt

Directions

1. Preheat the oven to 100°C, and warm a baking tray.
2. Place the chicken, leek and garlic in a food processor and process until well minced.
3. Transfer to a large bowl, add the bread crumbs and season with salt. Use your hands to mix until well combined.
4. Use wet hands to roll 1-tablespoonful portions of the mince mixture into balls. If not cooking straight away, store the meatballs in an airtight container in the fridge until ready to cook.
5. Heat the oil in a large non-stick frying pan over medium heat. Add half the meatballs and cook, turning occasionally, for 12 minutes or until golden and cooked through. Transfer to the warmed baking tray and cover with foil, place in the oven. Repeat with the remaining meatballs.

Note

Low chemical / Failsafe

Note: if Amines aren't tolerated be careful not to brown the meat too much.