

CreakyKitchen

Cooking tips for the chronic disease community



RECIPE

CHICKEN MEATBALLS WITH ZOODLES AND CURRY

INGREDIENTS

Meatballs

- 1 lb Ground Chicken or Turkey (the higher the fat content, the more tender the meatball. I've used from 7-15% fat)
- 3 Whole Scallions, Finely Chopped
- 1 Green Chili Pepper, Deseeded and Chopped (this is your preference. I used jalapeno but if you want it spicier try Thai bird chili pepper)
- 1 Teaspoon Minced Garlic (I used frozen, minced garlic)
- 1 Tablespoon Tamari or Soy Sauce
- 3/4 Teaspoon Salt (omit if using tamari/soy sauce)

Curry

- 2 Tablespoons Coconut Oil (see recipe for a cheat code)
- 1 Medium Onion, Chopped
- 1 Tablespoon Minced Ginger (about an inch sized piece, grated on a rasp *or* frozen minced)
- 1 Tablespoon Minced Garlic (see previous note about frozen)
- 1 Bell Pepper, Deseeded and Cut into Slices (red, orange or yellow)
- 3 Tablespoons your favorite curry paste (red is great, green is too, Masaman was too hot for me, but my husband loved it. To each his own)
- 1 Tablespoon Curry Powder (optional)
- 1 14 oz Can Unsweetened Full Fat Coconut Milk (cheat code!)
- 1 Cup Chicken or Veggie Stock
- 2 Tablespoons Lime Juice (1-2 Limes)
- 1 Package Zoodles
- Cilantro & Lime wedges to serve

DIRECTIONS

Meatballs

1. Preheat oven to 400°F.
2. In a bowl combine all of your meatball ingredients. Mix & form into tablespoon sized balls. You can use a spring-loaded scoop to keep them even.
3. Place balls on parchment lined baking sheet and bake for 18-20 minutes.

Curry

1. **Do not shake your coconut milk.** Why? There's a top layer of coconut oil in the can! Open carefully and skim the oil off of the top. Boom – no need to buy another ingredient – cheat code!
2. While the meatballs are baking, melt the coconut oil in a large skillet over a medium heat on the stove. Add the onion and cook for 4-5 minutes to just soften.
3. Add the garlic, ginger and red pepper and cook another 2-3 minutes. Stir in the curry paste. Cook 1 minute until fragrant. Your kitchen should smell **amazing** right now!

4. Add the coconut milk and chicken stock. Stir and bring to a boil. Reduce the heat slightly and simmer. Let simmer for about 10 minutes, uncovered, and you'll see the mixture begin to thicken.
5. Pile in in meatballs and cook another 5 minutes or until the curry sauce has reduced down to your preference. The longer it cooks the thicker the sauce.
6. Add the zoodles and lime juice to the skillet. Cook a few more minutes until they take on a bit of the sauce and are warmed through. Taste and season with tamari or salt if needed.
7. Serve over rice or cauliflower rice if desired.