

Thai Turmeric Coconut Braised Chicken Meatballs

Portion Size: 4 meatballs, ½ cup broth

Yield: 4

Ingredients:

Ground Chicken	1 lb
Egg	1 each
Panko Breadcrumbs	1/3 cup
Ginger Root, Minced	3 TBSP
Garlic Cloves, Minced	3 tsp
Kosher Salt	1/4 tsp
Low Sodium Chicken Broth	2 cups
Lime Juice, Fresh	1-1/2 tsp
Lime Zest	½ tsp
Coconut Milk	2 TBSP
Turmeric, Ground	½ tsp
Granulated Sugar	½ tsp
Thai Red Chili Pepper, Sliced	¾ tsp
Thai Basil, Chopped	1 TBSP

Preparation:

1. In a bowl, mix ground chicken, egg, breadcrumbs, 1 TBSP ginger, 1-1/2 tsp garlic, and salt until evenly distributed.
2. Divide into 1 TBSP portions (~1-1.5 oz raw weight each) and roll into round meatballs.
3. In a shallow pot, combine chicken broth, lime juice, lime zest, coconut milk, remaining ginger, remaining garlic, turmeric, and sugar. Simmer for 10 minutes.
4. Carefully add meatballs into simmering broth, leaving space in between each meatball. Gently simmer until meatballs are cooked through and tender, ~30-45 minutes.
5. Stir in Thai chilis and Thai basil before serving.

RD Note: Serve over brown rice and with steamed spinach or roasted broccoli.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
210	22	5	0	1	12	4.5	450



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