

THAI TURMERIC COCONUT BRAISED CHICKEN MEATBALLS FIT

**Serving size: 4 meatballs,
½ cup broth**

Makes 4 servings

- 1 lb Ground Chicken
- 1 each Egg
- 1/3 cup Panko Breadcrumbs
- 3 TBSP Ginger Root, minced
- 3 tsp Garlic Cloves, minced
- ¼ tsp Kosher Salt
- 2 cups Low Sodium Chicken Broth
- 1 ½ tsp Lime Juice
- ½ tsp Lime Zest
- 2 TBSP Coconut Milk
- ½ tsp Turmeric, ground
- ½ tsp Granulated Sugar
- ¾ tsp Thai Red Chili Pepper, sliced
- 1 TBSP Thai Basil, chopped

Preparation:

1. In a bowl, mix ground chicken, egg, breadcrumbs, 1 TBSP ginger, 1 ½ 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.



Registered Dietitian Approved!

NUTRITION FACTS PER SERVING

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| calories | 230 |
| total fat (g) | 13 |
| saturated fat (g) | 4.5 |
| trans fat (g) | 0 |
| sodium (mg) | 300 |
| total carbohydrate (g) | 7 |
| dietary fiber (g) | 0 |
| sugar (g) | 2 |
| protein (g) | 22 |