

## Chicken Meatballs with Yogurt–Herb Sauce

Servings: 4 (about 20 meatballs)

### Ingredients

#### **Meatballs**

- 1 T olive oil (for baking sheet)
- 450 g ground chicken
- 1 large egg
- 1 small shallot (≈40 g), finely chopped (or red onion)
- 1 garlic clove, grated
- ¼ cup finely chopped parsley leaves & tender stems
- ¼ cup finely chopped mint leaves
- ¼ cup finely chopped cilantro leaves & tender stems
- ½ tsp sweet paprika
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- ½ tsp salt (or to taste)
- ¼ tsp freshly ground black pepper

#### **Yogurt–Herb Sauce**

- 170 g plain Greek yogurt
  - 1 T olive oil
  - 2 tsp lemon juice
  - 1 tsp honey (balances acidity)
  - 1 small garlic clove, grated or mashed
  - 1 T finely chopped fresh dill or parsley
  - Salt & pepper to taste
- Optional: Add 1 Tbsp grated cucumber or ½ tsp tahini for extra creaminess.

### Instructions

1. Preheat oven to **200°C**. Line a baking sheet with parchment paper and drizzle with olive oil.
2. In a large bowl, combine all **meatball ingredients**. Stir vigorously with a spatula until the mixture thickens slightly and holds together.
3. Form about 20 meatballs (≈25 g each) and arrange on the baking sheet.
4. **Bake 14–15 minutes** or until the centers reach 74°.
5. While the meatballs bake, whisk all sauce ingredients until smooth. Adjust acidity with honey, yogurt, or olive oil if needed.
6. Serve meatballs hot with the yogurt sauce and lemon wedges or herbs.

### Estimated Nutrition (per serving)

Kcal: ~305 | Protein: ~32 g | Fat: ~15 g | Sat. Fat: ~3.2 g | Carbohydrates: ~6 g | Sugars: ~2 g | Fiber: ~0.6 g | Sodium: ~390 mg | Omega-3: ~0.05 g

