

Moroccan-Spiced Chicken Meatballs

4 servings)

Ingredients

Yogurt Sauce

- 170 g Oikos Greek yogurt (plain, non-fat)
- 1 tsp grated garlic (≈1 clove)
- 2 tsp lemon juice
- Salt + MSG blend & black pepper (to taste)

Meatballs

- 450 g ground chicken (preferably ももひき肉 or むね + もも mix)
- 80 g panko
- 1 large egg, lightly beaten
- 2 tsp grated garlic (≈2 cloves) (12g tube garlic)
- 3 tbsp minced parsley
- 1 tbsp olive oil
- 1 tsp light brown sugar
- 1 tsp sweet paprika
- ½ tsp ground cumin
- ½ tsp ground ginger
- ¼ tsp ground cinnamon
- ¾ tsp salt + pinch of MSG
- Black pepper

Optional toppings

- 3 tbsp toasted pine nuts
- Extra parsley



Instructions

1. Yogurt Sauce

1. Combine **yogurt, garlic, lemon juice, salt/MSG blend, and pepper.**
2. Mix well and refrigerate **at least 30 minutes.**

2. Meatballs

1. In a large bowl, combine **chicken, panko, egg, garlic, parsley, olive oil, sugar, paprika, cumin, ginger, cinnamon, salt/MSG blend, and pepper.**
2. Mix gently until just combined.
3. Form into meatballs about **4 cm** in diameter (≈12–14 balls) .

3. Cook the Meatballs

A. Oven Method (recommended)

1. Preheat oven to **220°C.**
2. Line a tray with parchment.
3. Lightly brush or spray meatballs with **oil.**
4. Bake **20 minutes**, turning once halfway.

B. Stove Method

1. Heat 3–4 mm of olive oil in a skillet over **medium heat**.
 2. Fry meatballs in batches until browned and cooked through (**4–5 minutes**) .
 3. Drain on paper towels.
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4. Serve

1. Spread the **yogurt sauce** on a platter.
 2. Arrange the meatballs on top.
 3. Sprinkle **parsley** and **pine nuts**, if using.
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Flavor & Umami Enhancements (optional)

- Add ¼ tsp **turmeric** for warmth
 - Add ½ tsp **ras el hanout** (if available)
 - Add ½ tsp **harissa** to yogurt sauce
 - Add ½ tsp low-sodium **soy sauce** or **coconut aminos** to meat mixture
 - Add ½ tsp **tomato paste** to deepen umami
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Nutrition (per serving)

(Oven-baked version, no pine nuts)

Kcal: 296 | Protein: 32.8 g | Fat: 12.2 g | Sat Fat: 2.7 g | Carbs: 16.4 g | Sugars: 3.2 g |
Fiber: 1.2 g | Sodium: ~380 mg | Omega-3: trace

With pine nuts (1 T per serving):

+57 kcal | +1 g protein | +6 g fat