

Lean & Green

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CHICKEN MEATBALLS

WITH NAPA CABBAGE IN GINGER BROTH



No. of servings: 4

Per serving: 1 lean | 3 green | 3 condiments

Total Time: 30 minutes

Cuisine: Chinese

Contains: Meat, Eggs

INGREDIENTS

600g lean ground/minced chicken or turkey

1 large egg

1 tsp salt

½ tsp ground white or black ground pepper

2 tbsp peeled and minced fresh ginger root, divided

4 scallions or spring onions, trimmed and minced

4 garlic cloves, sliced thin

5 cups sliced Napa cabbage (Wong Bok)

500mL chicken stock

4 scallions or spring onions, trimmed and cut into 2 cm pieces

DIRECTIONS

1. Combine the ground chicken or turkey, egg, salt, pepper, 1 tbsp ginger, and the minced scallions/spring onions in a bowl. Mix thoroughly.
2. Shape the meat mixture into meatballs of about 2 to 3 cm diameter and set aside.
3. In a wok or large skillet, combine the garlic, Napa cabbage, chicken stock, and remaining ginger and bring to a boil.
4. Add the chicken meatballs and scallion/spring onion pieces, cover, and simmer until the cabbage is tender and the meatballs are cooked through, about 5 minutes.
5. Arrange in a bowl and garnish with a small amount of chili oil. Serve warm.

Per serving: 340 calories, 34g protein, 15g carbohydrate, 16g fat



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