

# CRUNCH TIME

## Thai Chicken Meatballs



**Serve information: 1 Plate 6 Chicken Meatballs**

### INGREDIENTS:

Makes: 6 Meatballs  
250g Chicken mince  
1 Shallot, chopped  
1/2 Egg  
20g Breadcrumbs  
2 Tsp fish sauce  
1 Tbsp sweet chill sauce  
1 Tbsp coriander, chopped  
10g Grated parmesan cheese  
Salt  
Pepper  
Spray can of cooking oil  
6 Thai Chicken Meatballs  
1/2 Lime  
1 Tbsp sweet chilli sauce  
1 Sprig coriander

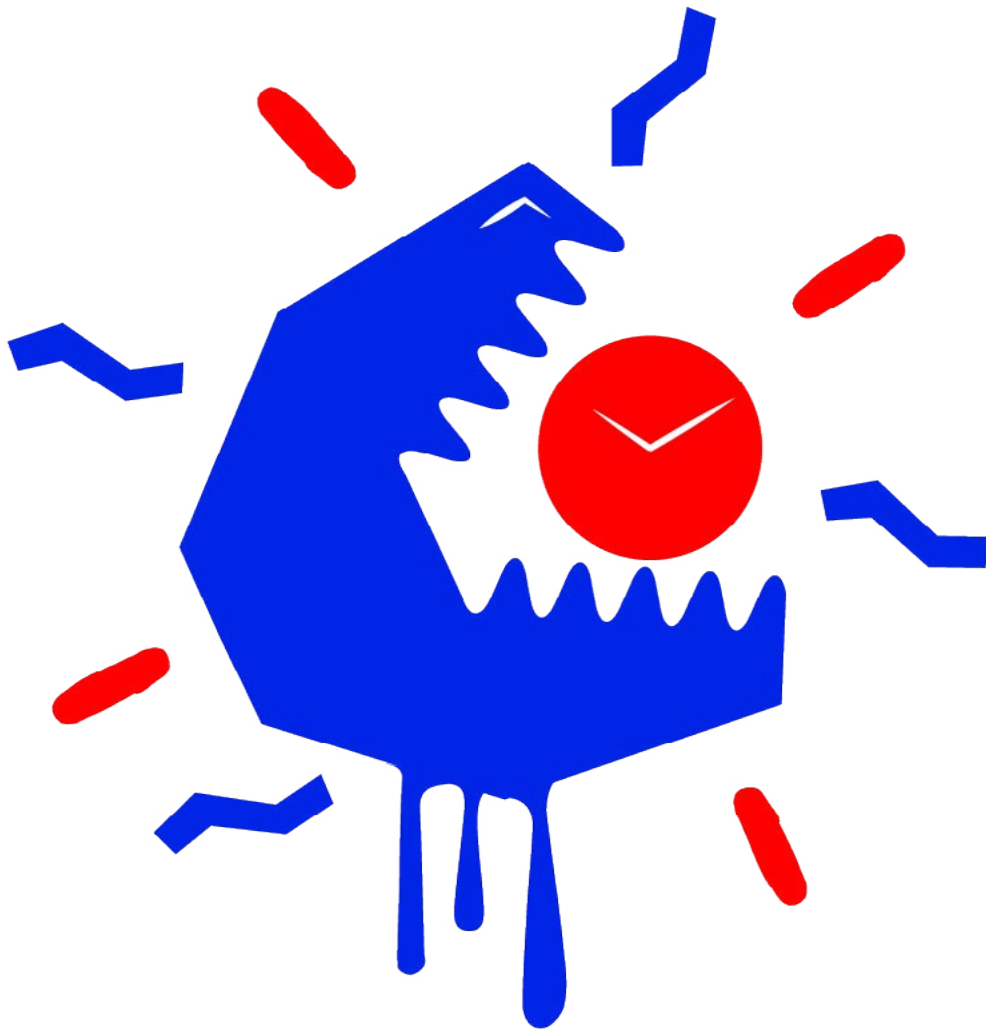
### EQUIPMENT:

1 medium mixing bowls  
Wet cloths to wipe hands  
Frypan  
tongs  
baking trays  
Oven mitts  
Mortar and pestle  
Serving plates  
Citrus juicer  
Scissors



## METHOD:

1. To make the Thai Chicken Meatballs, add all the ingredients into a mixing bowl and combine with your fingers
2. Roll the mixture into 6 meatballs
3. Place the meatballs on the tray. Bake in a preheated oven at 220°C for 20 minutes
4. Take the "prepared earlier" Meatballs out of the oven and serve on a plate
5. Squeeze the lime
6. Chop coriander leaves with scissors
7. Combine the lime juice, chopped coriander and sweet chilli sauce and serve in a bowl with the meatballs



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