

# CHICKEN PAPRIKASH MEATBALLS

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COOK TIME: 40mins

SERVES: 4

CALORIES: 538 kcal (PER SERVING)

## INGREDIENTS

### \*CHICKEN MEATBALLS

500 g/1.1 lbs ground chicken  
1 tsp each: salt, black pepper,  
smoked paprika, garlic powder  
2 tbsp breadcrumbs  
1 egg yolk

### \*TOMATO PAPRIKA SAUCE

2 tbsp olive oil, divided  
2 tbsp unsalted butter, divided  
250 g/9 oz mushrooms, thinly sliced  
1 large red bell pepper, cut into thin slices  
1 small brown onion, finely chopped  
4 garlic cloves, minced  
1 tbsp flour  
240 ml/1 cup chicken broth  
300 ml/1 ¼ cups puréed tomatoes  
2 tbsp chopped parsley, more for serving  
200 ml/¾ cup sour cream  
freshly ground black pepper, for serving  
crushed red pepper flakes, for serving

### \*SPICES

1 tsp each: salt, black pepper, ground cumin  
2 tbsp smoked paprika  
¼ tsp cayenne pepper

## DIRECTIONS

Get the prep done before you start cooking: mince the garlic and finely chop the onion. Cut the bell pepper in half, remove veins and seeds, then cut the pepper into thin slices.

Add the ingredients for the meatballs to a large bowl. Mix until just combined, using your hands. Roll the meat into balls.

Heat 1 tbsp oil and butter in a large skillet over medium high. Add meatballs and brown on all sides, about 5 minutes, turning them frequently. Remove from skillet.

Add mushrooms, cook until browned, remove from skillet.

Add the remaining butter and oil to the same skillet. Add bell pepper, cook for 3 minutes. Add garlic and onion, cook for 2 minutes. Stir in spices and add flour, stir until combined.

Deglaze with chicken broth, simmer for 2 minutes, stir with a wooden spoon while scraping up the brown bits on the bottom of the skillet. Add puréed tomatoes, simmer for 3 minutes.

In the meantime, chop the parsley.

Add parsley and sour cream to the sauce, stir until combined. Add mushrooms and meatballs, stir to coat. Simmer for 10 minutes. (At this point, you can cook your noodles, if using). Finish off with freshly ground black pepper, red pepper flakes and chopped parsley. Enjoy!

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