

COCONUT GOCHUJANG CHICKEN MEATBALLS

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COOK TIME: 30mins

SERVES: 4

CALORIES: 386 kcal (PER SERVING)

INGREDIENTS

*CHICKEN MEATBALLS

450/1 pound ground chicken

1 tbsp low sodium soy sauce

1 egg yolk

2 tbsp breadcrumbs

1 tsp each: garlic powder, black pepper

*COCONUT GOCHUJANG SAUCE

1 tbsp vegetable oil

½ tbsp unsalted butter

4 garlic cloves, grated

1 tbsp freshly grated ginger

1 tsp each: salt, black pepper

½ tsp each: ground cumin, turmeric

120 ml/½ cup chicken broth

2 tbsp low sodium soy sauce

1 tbsp fish sauce

1 tbsp honey

2 tbsp gochujang paste, less or more to taste

1 can (400ml/14 oz) unsweetened coconut milk

2 tbsp lime juice

1 small broccoli, cut into small pieces

cilantro leaves, for serving

DIRECTIONS

Get all the prep done before you start cooking: cut the broccoli into florets, then into small pieces. Grate ginger and garlic cloves.

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

Roll the meat into 2-tablespoon sized balls. Will make about 20 meatballs.

Heat oil and butter in a large nonstick skillet over medium. Add meatballs and brown on all sides, about 8 minutes, turning them frequently. Remove from skillet.

Reduce the heat, add garlic and ginger, sweat for 1 minute. Add salt, pepper, cumin and turmeric. Stir to combine, about 1 minute. Turn the heat to medium and pour in broth, simmer for 2 minutes. Stir with a wooden spoon while scraping up the brown bits on the bottom of the skillet. Add soy sauce, fish sauce, honey and gochujang paste, stir until combined. Next pour in coconut milk and add lime juice. Bring to a simmer.

Add broccoli and meatballs. Simmer over medium heat until the meatballs are cooked through, about 10 minutes.

Finish off with cilantro and serve over rice. Add a cucumber salad, enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.