

THAI CHICKEN MEATBALLS IN PEANUT SAUCE

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COOK TIME: 40mins

SERVES: 4

CALORIES: 551 kcal (PER SERVING)

INGREDIENTS

*CHICKEN MEATBALLS

1.1 pounds/500 g ground chicken
1 tsp grated ginger + grated garlic
1 tsp low sodium soy sauce
½ tsp sambal oelek, or chili paste
1 egg yolk
2 tbsp corn starch
1 tbsp chopped cilantro

*THAI PEANUT SAUCE

2 tbsp vegetable oil
1 tbsp unsalted butter
5 garlic cloves, grated, divided
2 tbsp grated ginger, divided
1 bok choy, chopped
1 tbsp red curry paste
1 tsp sambal oelek, or chili paste
½ cup/120 ml chicken broth
1 can (15 ounce/400 ml) unsweetened coconut milk
½ cup/140 g crunchy peanut butter
1 tsp honey
2 tbsp low sodium soy sauce
1 tbsp fish sauce
juice from ½ lime

toppings: fried onions, toasted peanuts, chives, cilantro, chili pepper

*COCONUT RICE

1 cup/240 ml unsweetened coconut milk
1 cup/240 ml chicken broth
1 cup/250 g jasmine rice

DIRECTIONS

Get all the prep done before you start cooking. Chop the cilantro and bok choy. Grate the garlic cloves and ginger.

Add ground chicken and the ingredients for the meatballs to a bowl. Mix with your hand, just until combined. Roll into 2-tablespoon sized balls.

Heat oil and butter in a nonstick skillet over medium. Add meatballs, brown all over, about 3 minutes. Remove from skillet onto a clean plate.

Add garlic and ginger, cook for 1 minute. Add bok choy, cook for 1 minute more. Stir in red curry paste and sambal oelek. Deglaze the skillet with chicken broth, simmer for 2 minutes while stirring and scraping up the brown bits on the bottom of the skillet with a wooden spoon.

Add coconut milk and stir in peanut butter. Add honey, lime juice, soy and fish sauce. Add meatballs back to the skillet and simmer for 15 minutes. Add more chicken broth, if needed.

In the meantime, make the coconut rice. Bring coconut milk and chicken broth to a simmer. Add rice, cover and cook over low for 10 minutes. Stir occasionally. Remove from heat, and rest, undisturbed and covered, for 10 minutes more. Fluff the rice with a fork.

Serve chicken meatballs and peanut sauce over rice. Sprinkle with your favorite toppings, 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.