

CHICKEN BALLS

egg-free; for adults too; great for lunchboxes

Makes 20 balls



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Mila has never been a very big meat eater but these have always gone down very well. This was, in fact, her very first introduction to meat. By the time I introduced meat to Mila she had entered her “I-will-not-eat-anything-off-a-spoon phase” – so these worked very well!

Chicken is an excellent first food for your little one - little did I know when I started feeding Mila! It is an excellent source of protein, vitamin B's, choline, selenium and iron.

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- 1 T. onion, chopped
- ½ t. garlic, crushed
- 1 T. coconut oil, butter or ghee
- 110 g free-range or organic chicken breast or thigh meat, cut into chunks (±2 chicken thighs)
- ½ apple, peeled and grated
- 2 T. coconut flour or breadcrumbs
- 1 T. fresh parsley, chopped
- 2 T. goats cheese (optional)
- pinch black pepper, freshly ground
- pinch Himalayan or sea salt
- 3 cups Mila's Meals chicken stock

Sauté the onion and garlic in the coconut oil, butter or ghee.

Place the chicken, apple, coconut flour/breadcrumbs, parsley, onion, garlic, salt, pepper and cheese (if using) in a food processor and blend until smooth.

Place the chicken stock in a saucepan and bring to the boil.

While the stock is coming to a boil, take spoonful's of the chicken mixture and roll into bite-sized balls.

Using a slotted spoon, place a few chicken balls at a time into the boiling stock. Reduce to a simmer and poach for 5 minutes.

Remove the cooked balls and place them in a sieve to drain, then continue poaching the rest.

Allow to cool to a safe eating temperature, and serve. These are great as is, or with a tomato sauce dip.

The chicken balls can be frozen for up to 1 month. Take them out of the freezer in the morning and allow to defrost in the fridge for an easy addition to a lunch or dinner time meal.

They can be eaten cold, or reheated by placing in kettle boiled water for a couple of minutes.

