



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

CANDY COATED CHICKEN MEATBALLS *adapted from simplecomfortfood.com*
Preheat the oven to 400°F

- 1 lb boneless skinless chicken thighs, ground
- 3 tablespoons fish sauce
- 1 shallot, minced
- 3 cloves garlic, finely chopped
- 2" piece fresh ginger, peeled and minced
- 1 stalk lemongrass, tender white inside part only, minced
- 2 tablespoons mint, chopped
- 1 ½ teaspoon cornstarch
- ½ teaspoon sea salt
- ½ teaspoon fresh black pepper
- ½ cup granulated sugar for rolling the meatballs

THE STEPS:

- Place granulated sugar in a shallow bowl and set aside.
- In a large mixing bowl combine all ingredients EXCEPT THE SUGAR
- Using a small ice cream scoop to portion the meatballs, drop a scoopful onto your slightly damp hands, roll the mixture into a ball.
- Drop the meatball onto the sugar and coat well
- Place the sugar coated meatball onto a parchment lined baking sheet.
- Bake the meatballs in the centre of the oven for 20 minutes, turning over once half way through the baking process. *Cut 1 meatball in half to ensure they're cooked all the way through.*
- Serve with your favourite dipping sauce.

THE LOVE: Mix ingredients thoroughly but gently. If you overwork the chicken, your meatballs will be as tough as golf balls!