

CHICKEN & TOMATOES

Time: 30 minutes

Serves: 4

Ingredients:

4 thick strips bacon – cut into matchsticks
1 pound ground chicken
1 teaspoon kosher salt
¼ teaspoon fresh ground black pepper
1 clove garlic - finely chopped or grated
¼ cup oil-packed sundried tomatoes – drained and cut into matchsticks
½ cup white wine
2 teaspoons parsley - chopped

Preparation:

Place a frying pan on medium heat and add the bacon. Cook, stirring occasionally until crisp. Remove the bacon with a slotted spoon and set aside. Pour off the fat from the pan.

While the bacon is cooking, use your hands to mix the chicken, salt, pepper and garlic until evenly combined. Form the mixture into eight balls.

Place the chicken balls in the pan used to cook the bacon and cook on all sides until cooked through. Remove them from the pan and set aside.

Return the bacon to the pan along with the wine and tomatoes, stirring occasionally for three minutes.

Plate the meatballs on top of the tomato and bacon mixture. Sprinkle with parsley and serve immediately.

Nutritional Information Per Serving:

Calories: 299
Fat: 18g
Carbs: 4g
Fibre: 0.4g
Protein: 26g