

CHICKEN & MUSHROOM BALLS

Time: 45 minutes

Serves: 4

Ingredients:

- 1 pound ground chicken thighs
- 1 cup cremini mushrooms – finely chopped
- 2 cloves garlic finely chopped or grated
- 2 teaspoons fresh basil – finely chopped
- 2 teaspoons fresh oregano – finely chopped
- 2 teaspoons kosher salt
- ¼ teaspoon fresh ground black pepper
- 1 tablespoon extra-virgin olive oil
- 28 ounce can whole San Marzano tomatoes
- 1 ounce parmesan cheese - shaved

Preparation:

Using your fingers, combine the chicken, mushrooms, garlic, basil, oregano, 1½ teaspoons of the salt and the pepper then, form into eight balls.

Place a high-sided frying pan on medium heat and add the olive oil.

When the oil is hot, brown the meatballs on all sides (about ten minutes).

Pour the tomatoes into a bowl and add the remaining ½ teaspoon of salt. Crush the tomatoes with your fingers and pour into the frying pan.

Partially cover the pan and reduce heat to simmer for twenty minutes.

Remove from heat and serve sprinkled with the parmesan.

Nutritional Information Per Serving:

- Calories: 270
- Fat: 11g
- Carbs: 17g
- Fibre: 5g
- Protein: 30g