

RUSTIC CHICKEN PICCATA MEATBALLS

By: Simply Creative Chef Rob Scott

Ingredients:

Yields 6-7 servings

Meatballs:

¼ cup grated parmesan
4 cloves minced garlic
1 tablespoon lemon zest
¾ cup panko breadcrumbs
1 large egg
1/3 cup chopped parsley, plus more
1 ¼ pounds ground chicken (or turkey)
1 teaspoon salt
½ teaspoon pepper

Sauce:

4 tablespoons cold butter, cubed
3 cloves minced garlic
1 tablespoon all-purpose flour
1 ½ cups low sodium chicken broth
¼ cup capers
¼ cup fresh lemon juice

Directions:

- **Meatballs:** in a medium bowl, using a fork, mix together all the ingredients except the ground chicken
- When the ingredients are combined, add the ground chicken and mix until just combined – be sure you don't overwork the meat
- Roll into meatballs 1 ½ tablespoons each – makes approximately 20-22 meatballs
- Heat a large skillet over medium-high heat and drizzle in a little oil
- Add the meatballs to the skillet but do not overcrowd - cook in batches if they do not fit
- Sear the meatballs for 4-5 minutes, flipping to brown all sides evenly
- Remove meatballs to a plate (they will finish cooking in the sauce later)
- **Sauce:** add 1 tablespoon of butter to the skillet along with the garlic and cook for 30 seconds or until fragrant
- Add the flour and whisk
- Once the flour cooks for 30 seconds, slowly drizzle in the chicken broth with one hand while you continue to whisk with the other hand
- Add the capers and lemon juice and allow the sauce to gain a simmer

- Add the meatballs and reduce the heat to medium and let thicken, about 5-7 minutes
- Reduce the heat to low, add the remaining 3 tablespoons of butter and allow them to slowly melt into the sauce as you stir – the butter will help thicken the sauce further
- Serve with additional chopped parsley on top, if desired