

# PANKO PARMESAN CHICKEN MEATBALLS

By: Simply Creative Chef Rob Scott

## Ingredients:

Yields 4 servings

### Meatballs:

1 ½ pounds ground chicken  
½ cup panko breadcrumbs  
1 egg  
1 tablespoon Italian seasoning  
1 teaspoon minced garlic  
½ teaspoon onion powder  
½ teaspoon salt, to taste  
¼ cup grated Parmesan cheese  
3 tablespoons olive oil

### Sauce:

3 tablespoons butter  
2 teaspoons minced garlic  
3 tablespoons all-purpose flour  
1 ½ cups chicken broth  
¾ cup heavy cream  
½ cup grated parmesan cheese  
½ cup fire roasted tomatoes  
1 teaspoon dried Italian seasoning  
¼ cup fresh Parsley, for garnish

## Directions:

### To make the meatballs:

- In a medium bowl, add ground chicken, panko breadcrumbs, egg, Italian seasoning, garlic, onion powder, salt and Parmesan cheese
- Using clean hands or a fork, mix until the ingredients are combined
- Roll into 10 large or 18 small meatballs
- In a large skillet, heat the olive oil over medium-high heat
- Add the meatballs and cook until browned and cooked throughout
- Or you can Bake them as well depending on the size Meatball you make will vary the time.

- Transfer to a plate while you prepare the sauce

To make the sauce:

- Returning to the skillet, add butter and melt over medium-high heat
- Add garlic and cook for 30 seconds, until fragrant
- Add in the all-purpose flour and stir to make a paste
- Whisk in the chicken broth, heavy cream, and Parmesan cheese
- Stir in the fire roasted tomatoes and Italian seasoning
- Season with salt and pepper, if needed
- Heat the sauce for a few minutes until it starts to thicken
- Return the meatballs back to the skillet and spoon the sauce on top
- Turn the heat to medium-low and continue to heat the meatballs and sauce together for about 5 minutes
- Garnish with parsley