

# DINNERLY



## Sweet & Sour Chicken Meatballs

Appy Hour!



ca. 20min



2 Servings

What's more APPetizing than a plate full of meatballs? Nothing, that's why it's our fave appetizer—it's all in the name! When they're mixed with pineapple chunks and coated in a sticky sweet and sour glaze, crisp scallions, and toasted sesame seeds, you'll be popping them in your mouth, one after the other, without even realizing it. We've got you covered! (2p-plan serves 4; 4p-plan serves 8—nutrition reflects 1 portion)

## WHAT WE SEND

- 2 scallions
- 4 oz pineapple cup
- 2 (10 oz) pkgs ground chicken
- 1 oz panko <sup>1</sup>
- ¼ oz granulated garlic
- 2 oz sweet & sour sauce <sup>2</sup>
- ¼ oz pkt toasted sesame seeds <sup>3</sup>

## WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- apple cider vinegar (or vinegar of your choice)

## TOOLS

- rimmed baking sheet
- large nonstick skillet

## ALLERGENS

Wheat (1), Soy (2), Sesame (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 240kcal, Fat 5g, Carbs 15g, Protein 33g



### 1. Prep ingredients

Preheat broiler with a rack in the upper third. Lightly oil a rimmed baking sheet.

Trim ends from **scallions** and thinly slice, keeping dark greens separate.

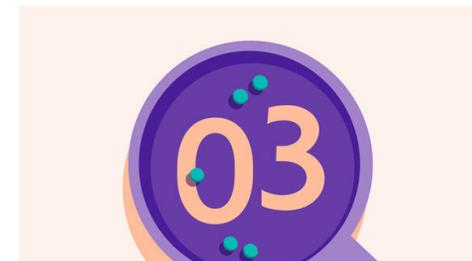
Drain **pineapple**, reserving **juice** for step 4. Finely chop pineapple.



### 2. Shape meatballs

In a medium bowl, mix to combine **chicken, panko, chopped pineapple, scallion whites and light greens, ½ teaspoon granulated garlic, 1 teaspoon salt, and a few grinds of pepper.**

Shape into 30–35 **meatballs**, about 2 teaspoons each. Transfer to prepared baking sheet as you go, spaced at least ½-inch apart.



### 3. Cook meatballs

Drizzle **meatballs** with **oil**. Broil on upper oven rack until just starting to brown and cooked through, 6–8 minutes (watch closely as broilers vary).



### 4. Make sauce

Meanwhile, in a large nonstick skillet, combine **sweet and sour sauce, pineapple juice, and ½ teaspoon vinegar**. Cook over medium heat, stirring frequently, until sauce is thickened, 3–5 minutes. Reduce heat to low to keep warm. Season to taste with **salt and pepper**.



### 5. Finish & serve

Add **meatballs** to skillet with **sauce**; toss to coat.

Serve **chicken meatballs** with **scallion dark greens** and **sesame seeds** sprinkled over top. Enjoy!



### 6. Got leftovers?

Turn your meatballs into a sandwich! Place them on a roll with some veggies and herbs like carrots, onions, cucumber, peppers, and cilantro.