



Japanese Chicken Meatballs

with Miso Butter Broccolini



30-40min



2 Servings

This is not your typical meatball dinner! We lean on classic Japanese flavors to take this simple but satisfying meal to the next level. Scallions, ginger, and sesame oil give an earthy bite to a chicken meatball mixture. We broil the meatballs until golden brown then top with tangy ponzu sauce for a delicious finish. Salty-sweet miso butter brings a deep richness to roasted broccolini, while fluffy sushi rice soaks it all up.

What we send

- 5 oz sushi rice
- 4 scallions
- garlic
- 1 piece fresh ginger
- ½ lb broccolini
- 10 oz pkg ground chicken
- 1 oz panko ³
- ½ oz toasted sesame oil ⁴
- 0.63 oz miso paste ⁵
- 1.8 oz ponzu sauce ⁵

What you need

- kosher salt & ground pepper
- 1 large egg ¹
- neutral oil
- unsalted butter ²

Tools

- fine-mesh sieve
- small saucepan
- microplane or grater
- rimmed baking sheet

Allergens

Egg (1), Milk (2), Wheat (3), Sesame (4), Soy (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 810kcal, Fat 34g, Carbs 83g, Protein 45g



1. Cook rice

Preheat broiler with a rack 6 inches from heat. Rinse **rice** in a fine-mesh sieve until water runs clear.

In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**. Bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



4. Broil

Broil **meatballs and broccolini** until they are well browned, and chicken is cooked through, 5-7 minutes (watch closely as broilers vary).



2. Prep ingredients

Trim **scallions**. Finely chop white and light green parts, thinly slice dark greens, keeping separate. Finely chop **1 large clove garlic**. Peel and grate **1 teaspoon ginger**. Trim **broccolini**, then halve or quarter spears lengthwise, if large.

In a medium bowl, mix **chicken, panko, scallion whites and light greens, garlic, ginger, sesame oil, 1 egg**, and **1 teaspoon salt**.



5. Prep miso butter

In a small bowl, melt **2 tablespoons butter**. Add **miso paste**, and mix well to combine.



3. Form meatballs

On one half of a rimmed baking sheet, toss **broccolini** with **1 tablespoon neutral oil**. Drizzle **additional neutral oil** on open side of baking sheet to lightly coat.

Using wet hands, shape **chicken mixture** into 8 meatballs. Place on open half of baking sheet.



6. Finish & serve

Brush **chicken meatballs** with **ponzu sauce**. Toss **broccolini** with **miso butter**. Serve **rice** topped with **broccolini and meatballs** and garnish with **scallion greens**. Serve **remaining ponzu sauce** on the side for dipping. Enjoy!