

# 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!

### 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>6</sup>
- ¼ oz pkt toasted sesame seeds <sup>11</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 (6), Sesame (11). 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

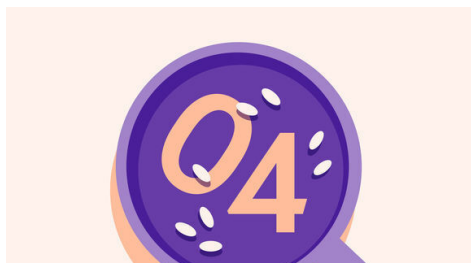
In a medium bowl, mix to combine **chicken**, **panko**, **chopped pineapple**, **scallion whites** and **light greens**, ½ teaspoon granulated **garlic**, 1 teaspoon **salt**, and a few grinds of **pepper**.

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



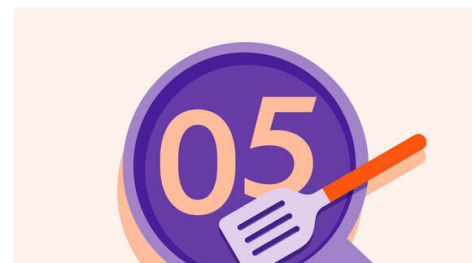
#### 3. Cook meatballs

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

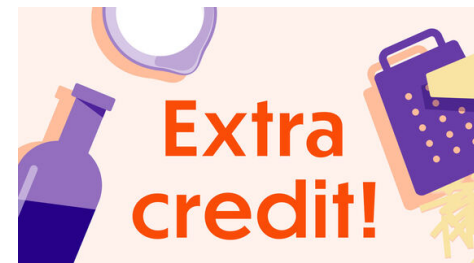
Meanwhile, in a large nonstick skillet, combine **sweet and sour sauce**, **pineapple juice**, and ½ teaspoon **vinegar**. Cook over medium heat, stirring frequently, until sauce is thickened, 3–5 minutes. Reduce heat to low to keep warm. Season to taste with **salt** and **pepper**.



#### 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.