



## Cumin Chicken Meatballs

with Green Sauce & Garlic Rice



30-40min



2 Servings

We thought it was high time chicken and rice got a snazzy makeover. We glam up chicken meatballs with a zippy sauce of green chiles, fresh cilantro, and garlic. Don't worry, there's enough of the sauce to soak into the rice. Roasted bell peppers, a squeeze of lime, and an extra sprinkle of cilantro completes the transformation from drab to fab.



## What we send

- ¼ oz fresh cilantro
- 1 lime
- cumin seeds
- garlic (use 2 large cloves)
- 5 oz jasmine rice
- 1 bell pepper
- 10 oz pkg ground chicken
- 1 oz panko <sup>1</sup>
- 1 can chopped green chiles

## What you need

- olive oil
- kosher salt & ground pepper
- egg <sup>3</sup>
- sugar

## Tools

- small saucepan
- rimmed baking sheet
- small skillet

## Allergens

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

## Nutrition per serving

Calories 700kcal, Fat 26g, Carbs 78g, Protein 35g



### 1. Prep ingredients

Coarsely chop **cilantro leaves and stems** together. Squeeze **1 teaspoon lime juice** into a small bowl; cut any remaining lime into wedges. Heat **cumin seeds** in a small saucepan over medium-high heat; toast, stirring frequently, until toasted and fragrant, 2-3 minutes (watch closely). Transfer toasted cumin seeds to a medium bowl.



### 4. Broil peppers & meatballs

Shape **chicken mixture** into **8 (2-inch) meatballs**. Transfer to one half of an **oiled** rimmed baking sheet. Place **peppers** on other half; season with **salt** and **pepper**. Broil meatballs and peppers on upper oven rack until meatballs are cooked through and golden brown, and peppers are slightly charred, 5-7 minutes (watch closely, as broilers vary).



### 2. Cook rice

Peel and finely chop **2 teaspoons garlic**. Heat **2 teaspoons oil** in same saucepan over medium-high. Add **rice** and 1 teaspoon of the garlic. Cook, stirring, until fragrant and rice is lightly toasted, about 1 minute. Add **1 ¼ cups water** and **¾ teaspoon salt**; bring to a boil. Cover, reduce heat to low and cook until water is absorbed, about 17 minutes.



### 5. Cook sauce

Heat **2 teaspoons oil** and **remaining chopped garlic** in a small skillet over medium-high, stirring, until sizzling, 1 minute. Add **chopped chiles, half of the cilantro, ¼ cup water, ½ teaspoon sugar, and a generous pinch each salt and pepper**. Bring to a simmer. Cook, stirring, until reduced to ¾ cup, 2-3 minutes. Stir in **lime juice**. Season to taste with **salt** and **pepper**.



### 3. Prep peppers & meatballs

Preheat broiler with a rack in the upper third. Halve **pepper**, remove and discard stem and seeds, then cut pepper into ¼-inch thick slices. To bowl with **cumin seeds**, add **ground chicken, panko, ½ teaspoon of the garlic, 1 large egg, ¾ teaspoon salt** and **a few grinds pepper**; gently stir or knead to combine.



### 6. Finish & serve

Fluff **rice** with a fork. Serve rice topped with **chicken meatballs** and **peppers**. Spoon **green sauce** over meatballs, or serve on the side for dipping. Sprinkle **meatballs** with **remaining cilantro** and a **squeeze of lime**. Enjoy!