



Japanese Chicken Meatballs

with Broccolini in Miso Butter



30-40min



2 Servings

We like to call these potsticker meatballs because they taste like the delicious insides of a potsticker dumpling. Full of fresh ginger, scallions and garlic, they get brushed with ponzu—a citrus seasoned soy sauce—when hot from the broiler. While they roast, broccolini browns alongside then gets tossed with a combination of miso and butter for a savory silky coating. Sushi rice is a pleasantly...

What we send

- scallions
- sushi rice
- ground chicken
- clove garlic
- fresh ginger
- broccolini
- toasted sesame oil ¹¹
- skewers

What you need

- coarse salt
- freshly ground black pepper
- large eggs ³
- olive oil

Tools

- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Egg (3), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 885kcal, Fat 22g, Carbs 92g, Proteins 73g



1. Cook rice

Wash rice in a bowl of water, drain. Repeat. Bring 1½ cups of water, rice, a pinch of salt to a boil in a small saucepan then reduce to a simmer, cover and let cook until water is absorbed, about 15 minutes. Let stand, covered until ready to serve.



2. Combine meat mixture

Heat broiler to high with rack 6-inches from heat. Remove root ends from scallions; finely chop white and pale green parts. Finely chop garlic. Peel and grate ginger. In mixing bowl, mix chicken, breadcrumbs, scallions, garlic, ginger, sesame oil, egg, ½ teaspoon salt.



3. Form meatballs

Using wet hands, shape the chicken mixture into 16 balls, each about 1¾ inches in diameter. Place on a rimmed baking sheet. Trim ends from broccolini then toss with 1 tablespoon oil. Spread out broccolini on another baking sheet.



4. Broil

Broil meatballs and broccolini until they are browned, about 8 minutes. Turn meatballs and broccolini over and continue to cook until meatballs are browned on other side and cooked through, about 6 minutes (remove broccolini if done sooner).



5. Brush with ponzu

Remove both baking sheets from the oven. Brush meatballs with some of the ponzu. Let rest for 5 minutes then divide meatballs among skewers for serving if desired.



6. Make miso butter

Meanwhile, combine miso and butter in a bowl until smooth. Toss broccolini with miso butter while still warm. Serve rice topped with broccolini and skewers of meatballs. Serve extra ponzu on the side for dipping. Enjoy!