



ITALIAN CHICKEN MEATBALLS WITH CREAM SAUCE & BROCCOLI

4 portions

INGREDIENTS

- 600 grams of chicken mince
- 1 egg
- 50 grams of parmesan cheese, grated
- 1 tsp, basil, dried (1 g)
- 15 grams of sun-dried tomatoes, packed in oil, drained
- 1 tablespoon of olive oil, (14 g)
- 450 grams of broccoli, raw
- 2 tbsps of butter, for serving (28 g)
- 1 cup of whipping cream, (239 g)
- 1 tbsp of tomato paste (16 g)
- 3 tbsps, chopped of basil, fresh (8 g)

COOKING METHOD

- 1° Mix chicken mince, egg, Parmesan, dried basil and salt & pepper to make 10-12 big balls (per pound) with the help of a pair of spoons.
- 2° Heat up olive oil in a big nonstick frying pan and add the raw meatballs. There should be a little space between the balls. Brown over medium heat, turning the balls often, until they are browned on all sides. It takes about 15 minutes.
- 3° Add cream and tomato paste. Boil and let it simmer on medium heat for 10 minutes. Season with salt and pepper. Add fresh basil right before you serve.
- 4° Boil the broccoli in lightly salted water for a few minutes. Serve it up with a small dollop of butter next to the chicken meatballs and cream sauce.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (368 g)	% DRI
ENERGY	161 kcal	590 kcal	30 %
FAT	12 g	45 g	70 %
FATTY ACIDS, TOTAL SATURATED	6 g	22 g	108 %
CHOLESTEROL	73 mg	268 mg	89 %
SODIUM	122 mg	449 mg	19 %
CARBOHYDRATE	4 g	13 g	4 %
SUGARS	1 g	4 g	—
FIBER	1 g	3 g	14 %
PROTEIN	10 g	36 g	—