

Chicken Meatballs with Lemon Picatta Sauce

You'll note lots of fresh ingredients! Fresh herbs are not only rich in vitamins—they also have antioxidants that can help protect your cells from oxidative damage!

- Lemons are very rich in vitamin C
- Greek yogurt is an excellent source of calcium

PREP

30 minutes

COOK

20 minutes

SERVES

4-6 people



INGREDIENTS

For Meatballs

- 1 pound ground chicken
- 1 shallot, very finely minced
- 3 garlic cloves, very finely minced
- ½ tsp ground ginger
- 1½ tsp kosher salt
- ½ cup dried bread crumbs
- ¼ cup finely chopped fresh parsley
- 2 Tbsp finely chopped fresh thyme
- ¼ cup finely chopped fresh cilantro
- ¼ cup low-fat plain Greek yogurt
- 2 Tbsp extra virgin olive oil

For Sauce

- 1 Tbsp vegetable oil
- 2 Tbsp unsalted butter
- 1 shallot, finely minced
- 6 garlic cloves, very finely minced
- 3 Tbsp basic sofrito
- Juice of 2 lemons
- 2 cups chicken stock or chicken broth
- ½ cup of brine-packed capers, drained
- ½ cup ground arrowroot (can sub cornstarch)
- Fresh parsley sprigs for garnish

DIRECTIONS

- 1** In a large bowl, combine ground chicken, shallot, garlic, ginger, pinch of salt, bread crumbs, parsley, thyme, cilantro, Greek yogurt, and extra virgin olive oil. Mix until all ingredients are incorporated.
- 2** Using an ice cream scooper, scoop ground chicken mixture and finish meatballs using your hands. Place meatballs on lined tray. Refrigerate for about 30 minutes to set meatballs. To cook in air fryer, set timer for 15 minutes at 350 degrees. To cook on the stove, heat oil in a large skillet over medium-high heat, add meatballs and cook for about 7 minutes then transfer to paper-lined plate. Either way, meatballs should be golden brown on the outside.
- 3** Heat vegetable oil in a large saucepan over medium-high heat. Add butter and stir until melted. Add shallots and garlic, cook about 3 minutes until translucent. Add basic sofrito and stir well. Add lemon juice, chicken stock, and capers. Bring to a simmer and cook for about 5 minutes until all ingredients are incorporated.
- 4** While sauce is cooking, make slurry. Place the arrowroot in a small bowl and add ½ cup of cold water. Stir until there are no clumps. Add a little bit of slurry to sauce to thicken, keep adding slurry until sauce has desired consistency.
- 5** Place meatballs in the sauce. If you used air fryer, stir meatballs in sauce to coat them. If you cooked meatballs on stove top, you need to cook them in the sauce for about 20 more minutes until they are firm to the touch. Serve meatballs in bowls and garnish with a sprig of parsley.