



Body

Mind

Recovery

Nutrition

Chicken Miso Meatballs

Meal Prep/Freezer Friendly

Under 30 Minutes

Nut Free

Low Carb

High Protein

Serves
4

Prep Time
10 minutes

Cook Time
15 minutes



Ingredients

- ¼ cup (60 ml) milk of choice
- 3 tbsp white miso
- 2 cloves garlic, crushed
- 1 tbsp root ginger, grated
- 2 chilis, diced
- 2 green onions (spring onions), sliced
- 1 tsp salt
- ¾ tsp black pepper
- ½ cup (55 g) breadcrumbs
- 1 lb (450 g) minced chicken

Nutrition (Per Serving)



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Instru

1. Preheat oven to 425 F (220 C).
2. Place all ingredients into large bowl. Lightly wet hands to prevent mixture from sticking, then combine all ingredients together. Mix well.
3. Wet hands again and shape mixture into 12 meatballs. Line baking tray with parchment paper. Place meatballs on tray and bake for 15 minutes, until golden and cooked through. Serve warm.