

Baked Masala Chicken Meatballs

by Nagalakshmi Viswanathan

A classic favourite with an Indian twist, this is a **freezer-friendly food** I always have in stock. They go into spaghetti, fried rice, and porridge with ease. The base recipe is also hugely customizable so go ahead and add some vegetables, or almond flour, or anything else you'd like to experiment with.

INGREDIENTS:

350 grams hormone-free minced chicken
1 egg
1/2 cup breadcrumbs
1/2 cup grated Parmesan
2 tablespoons olive oil
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon salt
black pepper to taste
1 teaspoon garam masala
1/4 teaspoon turmeric powder

INSTRUCTIONS:

Pre-heat oven to 200C
Add all ingredients into a large bowl
Bring together gently with fingertips
Make into balls and place on a greased baking tray
Bake for 15-20 minutes.

I cool and freeze them and later add them to rice porridge, spaghetti, or serve with mashed potato