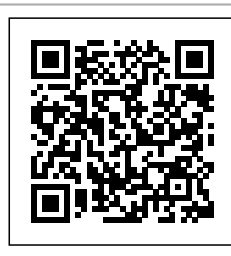


Chicken Parm Meatballs



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Recipe by: Laura Vitale

Makes 16

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

For the Meatballs:

- 1 lb of Ground Chicken
- 1 Egg
- 1/2 cup of Breadcrumbs
- 1/2 cup of Milk
- 2 Cloves of Garlic, minced or grated
- Fresh Chopped Parsley
- Good Hefty Pinch of Garlic and Herb Seasoning
- 1/2 cup of Grated Parm
- Salt and Pepper to taste
- 4oz of Low Moisture Mozzarella cut into small cubes, about 16
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For the Coating:

- 3/4 cup of Breadcrumbs
- 3/4 cup of Panko
- 1/2 cup of Grated Parm
- 1 cup of Flour
- 2 Eggs
- 1/4 cup of Milk
- Salt and Pepper, to taste

1) In a small bowl, add the breadcrumbs and milk, set aside a few minutes then mix in a large bowl, add the ground chicken, garlic, parsley, seasoning, egg, parm, breadcrumb mixture, salt and pepper, mix well then cover and refrigerate for about half an hour to an hour.

2) Prep your breading station, add the flour to one shallow bowl, season with salt and pepper and set aside, then in a separate bowl, add the eggs and milk and season then in one last bowl add both kinds of breadcrumbs and parm, season and set aside as well.

3) Form the meatball using damp hands, sneak a piece of mozz in the center of each one, then dredge in the flour, dip in the egg mixture and dredge in the breadcrumbs once they are all coated, set them aside while you heat up the oil.

4) In a large cast iron skillet or any heavy duty skillet, add enough oil to come up half way, preheat to about 365 degrees then cook the meatballs in batches for about 4 minutes per side or until deeply golden brown and fully cooked, drain on a paper towel lined plate and serve with your favorite marinara and extra sprinkle of parm.

