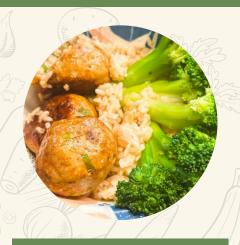
Teriyaki Meatballs with Broccoli and Rice By Chef Ali



INGREDIENTS:

Meatballs:

- 1 lb. lean ground chicken
- 1 tsp. ginger, grated
- · 2 garlic cloves, minced
- 3 scallions, chopped
- 1 egg
- Salt & pepper to taste
- 1/4 cup panko bread crumbs

Sauce:

- 1 cup water
- 2 Tbsp. low sodium soy sauce
- 1 garlic clove, minced
- 1 tsp. ginger
- 1/4 cup honey

Sides:

- 2 heads broccoli
- 2 cups brown rice, uncooked

DIRECTIONS:

- 1. Mix chicken, ginger, garlic, scallions, egg, salt and pepper and breadcrumbs in a bowl.
- Use a tablespoon to scoop out the mixture and form meatballs.
- 3. Place meatballs on a sprayed baking sheet and bake at 350F for 15 minutes or until fully cooked.
- 4. Cook brown rice according to package instructions.
- 5. Bring a medium pot filed halfway with water to boil. Add broccoli and cook for 3-5 minutes.
- 6. Place sauce ingredients in a saucepan and bring to a quick boil. Remove from heat.
- 7. Plate each meal with three meatballs, 1/2 cup cooked rice and 1 cup cooked broccoli. Drizzle with sauce.
- 8. Enjoy!

MEAL KIT SHOPPING LIST



 $(\ \ \)$ 25 min Yield: 6 servings



1 lb. ground chicken



1 bottle honey



1 ginger



2 heads broccoli



3 garlic cloves



1 bag brown rice



3 scallions



1/2 carton of eggs



1 bag whole wheat bread crumbs



- salt and pepper
- cooking spray



1 bottle low sodium soy sauce

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Healthy Options.
Cooking at Home

Grocery cost: \$13.73 Recipe cost: \$8.00 Cost per meal: \$1.33 *prices found at Wegmans as

of May 2024

healthyoptionsbuffalo.com