

# 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.
2. 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 filled 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

## Seasonings and more:

- salt and pepper
- cooking spray



1 bottle low  
sodium soy sauce

For more recipes  
scan here



or visit  
[healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com)

*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