

CHEZNUTS RECIPES



Chestnut and Chicken Meatballs

Based on a recipe from Chestnuts Australia

Serves: 4

Time: 25 mins preparation and 20 mins cooking time

This is an easy do-ahead recipe that combines a classic combination – chestnuts and chicken. The quantities of chestnuts to chicken are flexible so feel free to up the chestnuts and reduce the chicken if preferred.

Ingredients

200g cooked and peeled chestnuts, finely chopped
(the vac-packed work well in this recipe)

500g chicken mince

1 small brown onion, finely grated

2 garlic cloves, finely chopped

1 tsp finely grated lemon zest

1 egg, lightly beaten

1/3 cup flat-leaf parsley leaves, finely chopped

½ cup dry white wine

½ cup chicken stock

2 tbsp Dijon mustard

200ml reduced fat sour cream

50g baby spinach leaves

Pasta, mashed potatoes or rice, to serve



Method

To make the meatballs, combine chestnuts, chicken, onion, garlic, lemon zest, egg and parsley in a large bowl. Mix until well combined. Roll mixture into 18 meatballs. Place onto a tray, cover and chill for 20 minutes.

Heat oil in a large non-stick frying pan over medium-high heat. Add meatballs and cook, turning often, for 5 minutes until evenly browned. Remove meatballs from pan and set aside.

Add wine to pan and cook for 1 minute. Stir in stock, mustard and sour cream until well combined.

Add meatballs to pan. Reduce heat to medium-low, cover and simmer, stirring occasionally, for 8-12 minutes until meatballs are cooked through. Toss through spinach. Season to taste.

Serve with pasta, mashed potatoes or rice.