

# Chicken & Garlic Chive Meatballs

*with Quick Apple & Brussels Sprout Kimchi*

In this recipe, we're serving up succulent chicken meatballs flavored with some of our favorite Southeast Asian ingredients: aromatic garlic chives, black bean sauce, ginger and more. On the side, we're making a quick version of kimchi, a deliciously piquant Korean cabbage dish. Rather than traditional cabbage, though, we're using Brussels sprouts. Tiny heads of densely wrapped leaves, Brussels sprouts are incredible marinated in sesame oil and traditional spices. And for a refreshing touch, we're rounding out the kimchi with sweet, tart Granny Smith apple.



## Ingredients

- 10 Ounces Ground Chicken
- ½ Cup Jasmine Rice
- 3 Ounces Brussels Sprouts
- 1 Granny Smith Apple
- ½ Bunch Garlic Chives

## Knick Knacks

- 2 Tablespoons Black Bean Sauce
- 2 Teaspoons Sesame Oil
- 1 1-Inch Piece Ginger
- ¼ Cup Panko Breadcrumbs
- 1 Tablespoon Apple Kimchi Spice Blend  
*(Gochugaru, Granulated Sugar, White Sesame Seeds & Black Sesame Seeds)*

Makes 2 Servings

About 630 Calories Per Serving

Prep Time: 10 min | Cook Time: 20 to 30 min



1



### Prepare the ingredients:

Wash and dry the fresh produce. Cut off and discard the stem ends of the Brussels sprouts. Halve the Brussels sprouts lengthwise, then thinly slice crosswise. Core the apple and cut into matchsticks. Peel and mince the ginger. Thinly slice the garlic chives.

2



### Make the quick kimchi:

In a medium bowl, combine the **Brussels sprouts, apple, sesame oil, half the ginger and up to half of the spice blend**, depending on how spicy you'd like the dish to be. Drizzle with oil and toss to combine; season with salt and pepper to taste. Set aside to marinate, stirring occasionally, for at least 10 minutes.

3



### Cook the rice:

While the quick kimchi marinates, in a small pot, combine the **rice, 1 cup of water and a big pinch of salt**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff with a fork. Set aside in a warm place.

4



### Form the meatballs:

While the rice cooks, in a medium bowl, combine the **ground chicken, breadcrumbs, half the garlic chives, half the black bean sauce, the remaining ginger and as much of the remaining spice blend as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Using your hands, form the mixture into 10 to 12 equal-sized meatballs and place on a plate.

5



### Cook & glaze the meatballs:

While the rice continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of oil on medium until hot. Add the **meatballs**. Cook, turning occasionally, 4 to 6 minutes, or until browned on all sides. Add the **remaining black bean sauce and ¼ cup of water** to the pan; season with salt and pepper. Cook, occasionally spooning the glaze over the meatballs, 2 to 4 minutes, or until the meatballs are thoroughly coated and cooked through. Remove from heat; season with salt and pepper to taste.

6



### Plate your dish:

Divide the **cooked rice** between 2 plates. Top with the **cooked meatballs** and a few spoonfuls of the **glaze** from the pan. Serve with the **quick kimchi** on the side. Garnish with the **remaining garlic chives**. Enjoy!