

Chicken Meatballs

with Braised Kale & Spiced Celeriac Mash

In this recipe, we're adding exciting new dimension to some dinnertime classics. We're giving chicken meatballs and earthy kale a bright kick by lightly braising them in sherry vinegar. And for a truly special side dish, we're mashing up crisp, refreshing celeriac (or celery root) and combining it with silky cream cheese and the distinctive, delicious flavors of an "everything" bagel—onion, garlic, sesame seeds and poppy seeds. Enjoy, chefs!



Ingredients

10 Ounces Ground Chicken

3 Cloves Garlic

1¼ Pounds Celeriac

½ Bunch Lacinato Kale

1 Bunch Parsley

Knick Knacks

2 Tablespoons Cream Cheese

1 Tablespoon Sherry Vinegar

¼ Cup Panko Breadcrumbs

2 Teaspoons "Everything Bagel" Spice Blend

(Onion Flakes, Garlic Flakes, Black Sesame Seeds, White Sesame Seeds & Poppy Seeds)

2 Teaspoons Meatball Spice Blend

(Harissa Powder, Ground Cumin & Ground Sage)

Makes 2 Servings

About 575 Calories Per Serving

Prep Time: 15 min | Cook Time: 20 to 30 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Using a sharp, sturdy knife, peel and large dice the celeriac. Peel and mince the garlic. Thinly slice the parsley leaves and stems. Remove and discard the kale stems; thinly slice the leaves.

2



Make the celeriac mash:

Add the **celeriac** to the pot of boiling water. Cook 18 to 20 minutes, or until tender when pierced with a knife. Drain thoroughly and return to the pot. Off the heat, add the **cream cheese** and $\frac{2}{3}$ of the **"everything bagel" spice blend**. Using a fork, mash the mixture to your desired consistency. Season with salt and pepper to taste.

3



Form the meatballs:

While the celeriac cooks, in a medium bowl, combine the **ground chicken**, **garlic**, **breadcrumbs**, **half the parsley** and **as much of the meatball spice blend as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Gently mix until just combined. Using wet hands, form the mixture into 12 equal-sized meatballs and place on a plate.

4



Brown the meatballs:

While the celeriac continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **meatballs** and cook, turning occasionally, 4 to 6 minutes, or until browned on all sides.

5



Braise the meatballs & kale:

Add the **kale**, **vinegar** and $\frac{1}{2}$ **cup of water** to the pan of browned meatballs; season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes, or until the meatballs are cooked through and the liquid has reduced in volume. Remove from heat and season with salt and pepper to taste.

6



Plate your dish:

Divide the **celeriac mash** and **braised meatballs and kale** between 2 plates. Top with any remaining braising liquid from the pan. Garnish with the **remaining parsley** and **remaining "everything bagel" spice blend**. Enjoy!