**Chicken Balls**

**Star ingredients:**

**Chicken** is a wonderful low fat source of protein. It contains a good range of B vitamins as B6, B12 and B 3 which play important roles in our immune and nervous systems as well as our metabolism. Chicken is a wonderful source of selenium which acts as an anti-oxidant in our body protecting us from damaging free radicals and aiding our immune system.

**Sesame** provide manganese, magnesium, calcium and fatty acids

**Mushrooms** are anti-inflammatory due to high levels of beta –glucans compound that keeps our immune cells alert and ergothioneine a powerful anti-oxidant

**Ingredients**:

600g chicken mince

1 onion diced

2 garlic cloves diced

2 teaspoons grated ginger

1 large carrot grated

½ cup grated zucchini

1cup mushrooms chopped

2 teaspoons sesame seeds

2 teaspoons sesame oil

Black pepper to taste

2 tablespoons arrowroot (or organic cornstarch)

**Sauce**

2 tablespoons tamari/ soy sauce

2 tablespoons mirin

3 tablespoons orange juice

toasted sesame seeds

**Method:**

Gently fry onion in in a small amount of olive oil/ coconut oil for a few minutes until soft and then add ginger, garlic and remaining vegetables with a spoon of water. Saute for 4 minutes, season with pepper and allow to cool in a bowl.

Mix chicken in with the vegetables and all the other ingredients and shape into small walnut sized balls ( should make 40 or so)

Option to open freeze the uncooked meatballs on a tray in freezer at this point. Once frozen transfer to Ziploc bags or box and cook from frozen when you need them.

If not freezing pre-heat oven to 220C and line a tray with baking paper. Place in oven for 12-15 mins until they start to turn golden on top.

While the meatballs are in the oven put all the sauce ingredients in a saucepan and heat gently until it reaches a syrup like consistency. Remove chicken from oven and use a pastry brush all over with some of the sauce. Return to oven for 5 mins until glaze has dried.

Serve in a lunch box or as a meal with noodles and green leafy vegetables. You could also use these as a canape.

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