



Butter Chicken Meatballs in Coconut Curry Sauce

Serves 6

Meatball Ingredients

- 2 lbs. ground chicken or turkey (I used half ground turkey and half ground beef)
- ½ cup grated fresh parmesan
- ½ cup breadcrumbs or panko
- 2 tsp. minced fresh garlic
- (2 tsp. ginger minced)
- Salt and pepper to taste
- Butter Sauce Ingredients
- 4 Tbsp. butter
- ½ red onion chopped
- 2 tsp. minced garlic
- (2 tsp. ginger paste)
- 1 Tbsp. curry powder
- 1 ½ Tbsp. Garam Masala
- 2 Tbsp. tomato paste
- 1 can coconut milk
- About 1 tsp honey
- A little water to thin the sauce if needed
- Cayenne pepper and salt to taste

Instructions

Preheat your oven to 375°F

In a large mixing bowl, combine all the meatball ingredients - ground chicken, breadcrumbs, cheese, minced garlic, ginger paste, salt and pepper. Mix the ingredients until well combined. Be careful not to overmix, as it can make the meatballs tough.

Shape the mixture into meatballs of your desired size. Place them on a baking sheet lined with parchment paper or a greased ovenproof dish. Bake the meatballs in the preheated oven for about 20-25 minutes, or until they are cooked through and golden brown.

While the meatballs are baking, prepare the butter chicken sauce. In a large skillet, melt the butter over medium heat. Add the finely chopped onion, minced garlic, and ginger to the skillet. Sauté them until they become soft and fragrant. Add the garam masala, curry powder, tomato paste, salt, and pepper to the skillet. Stir well and let the sauce simmer for about 10 minutes,

allowing it to thicken and develop flavor. Pour in the coconut milk and stir until the sauce is well combined. Let it simmer for an additional 5-10 minutes.

Once the meatballs are done baking, add them to the sauce and let them simmer for a few more minutes to absorb the flavors of the sauce. Taste and season with honey and spices if needed

Garnish the butter chicken meatballs with fresh cilantro and serve hot. You can serve them with brown rice, salad and applesauce