

Chicken Parmesan Meatballs

Savannah · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

8

Description

Make ground chicken meatballs and coat them in seasoned Panko crumbs for a beautifully browned color Use jarred sauce from the grocery store for a shortcut in this cheesy satisfying dish We like it with zoodles but fettuccine or spaghetti would be delicious Garlic bread and a green salad are all you need to complete this meal

Ingredients

- - 1 large egg
- beaten - $\frac{3}{4}$ cup grated Parmesan cheese - 1 $\frac{3}{4}$ cups Italian-style panko bread crumbs
- divided - 1 teaspoon garlic powder - 1 teaspoon Italian seasoning - $\frac{3}{4}$ teaspoon crushed red pepper flakes - $\frac{1}{2}$ teaspoon salt - $\frac{1}{2}$ teaspoon freshly ground black pepper - 1 $\frac{1}{2}$ pounds ground chicken - 2 tablespoons olive oil
- divided - 2 tablespoons unsalted butter
- divided - 1 (28 ounce) jar marinara sauce - $\frac{1}{2}$ cup shredded mozzarella cheese - 2 tablespoons snipped fresh parsley (Optional)

Instructions

1. Stir egg
2. grated Parmesan cheese
3. 3/4 cup panko crumbs
4. garlic powder
5. Italian herb seasoning blend
6. crushed red pepper
7. salt
8. and black pepper together in a large bowl. Put on a pair of food-grade disposable gloves
9. add chicken to the bowl
10. and mix with your hands until all the ingredients are well combined. Place remaining 1 cup panko crumbs on a plate. Using a 1-1/2-inch scoop
11. create about 24 meatballs. Gently roll each meatball in crumbs until lightly coated; set aside on a plate. Preheat oven to 350 degrees F (175 degrees C). Place 1 tablespoon olive oil and 1 tablespoon butter in a large
12. oven-proof skillet over medium heat. Add half the meatballs and brown each side
13. turning until all sides are browned. Set this batch on a plate
14. and wipe the skillet clean. Repeat with reserved oil and butter
15. and cook the remaining meatballs in the same way. Wipe out the skillet again
16. and pour in marinara sauce. Place browned meatballs in sauce. They will not be submerged. Bake in the preheated oven for 25 minutes. Sprinkle on shredded mozzarella and return to the oven for an additional 5 minutes
17. or until the cheese is melted. Sprinkle with fresh parsley. Cook's Note: Use food-service grade disposable gloves to mix ground meat and seasonings. Ground turkey may be used instead of chicken
18. if you prefer. Garnish with any fresh herb your family enjoys
19. such as fresh basil
20. rosemary
21. or chives.