

DANIEL'S
CHICKEN MEATBALLS

INGREDIENTS

- + Ground Chicken
- + Fennel Seeds
- + White Wine
- + Salt
- + Pepper
- + Breadcrumbs
- + Eggs
- + Parsley

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+ METHOD

1. Chop 1 bunch of parsley and put it in a large bowl
2. Preheat your oven to 425°F
3. Note the meatball magic ratio: for every 1lb of meat you must use **1 tsp. of salt, 1/4 cup of bread crumbs and 1 egg**
4. Add **2lb ground chicken** to the parsley then crack **two eggs** over it - no shell!
5. Sprinkle on two tsp. of salt and add a 1/4 cup of **dry white wine**
6. Add **1 tsp. ground fennel seeds** and **1 tsp. of black pepper**, followed by **1/2 cup of breadcrumbs**
7. Mix with your hands and add more breadcrumbs as needed
8. Line a baking sheet with parchment paper and use an ice cream scoop to form your meatballs
9. Put them in the oven and check on them 12 minutes later. If they look ready, remove from the oven and serve them with Gnocchi or the pasta of your choice!