

CULINARY DISCOVERY PAVILION

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MidwestLiving
A DOTDASH MEREDITH BRAND

MARRY ME CHICKEN MEATBALLS

Recipe by: Rachel Walker, The Hearty Life

Country: United States

INGREDIENTS

- 1 lb. ground chicken
- 2 TBSP basil pesto
- 1 tsp. red pepper flakes
- 2 TBSP Italian seasoning
- 1 tsp. kosher salt
- Fresh cracked black pepper
- 1 cup grated Parmesan cheese
- 2 TBSP extra virgin olive oil
- 2 TBSP unsalted butter
- 1 medium shallot, chopped
- 2-3 cloves garlic, minced
- 1 TBSP tomato paste
- 1 cup dry white wine
- 1 cup heavy cream
- 1/2 cup sun-dried tomatoes, oil drained and chopped
- Fresh basil or thyme, for garnish

INSTRUCTIONS

1. In a large bowl combine ground chicken, pesto, Italian seasoning, red pepper flakes, salt, pepper, and 1/2 of the Parmesan. Mix to combine. Use a 1oz. portion scoop to scoop the meatball mixture, roll into balls.
2. Heat olive oil in a large skillet over medium-high heat. To the skillet, add the meatballs and sear on all sides until browned, 4-6 minutes. Once seared, remove meatballs from the skillet and set aside.
3. To the same skillet, add the butter, shallots, and garlic, sauté for 1-2 minutes until fragrant. Mix in the tomato paste. Add in the white wine and heavy cream. Bring to a boil, then reduce heat to medium. Add the meatballs back in along with the sun-dried tomatoes, simmer for 10 minutes until the sauce thickens and the meatballs are cooked through. Finish with the remaining Parmesan cheese and fresh basil.
4. Serve the meatballs with extra sauce over pasta or with crusty bread.

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