Italian-Inspired Chicken Piccata Meatballs
Rachel Walker, The Hearty Life
Country: United States

Ingredients:
For the meatballs:
1 lb ground chicken
1 whole egg
1 cup panko bread crumbs
⅓ cup finely shredded parmesan cheese
2 teaspoon kosher salt
Fresh cracked black pepper
3-4 cloves garlic, minced

For the sauce:
4 tablespoons unsalted butter
⅓ cup dry white wine
2-3 cloves garlic, minced
¼ cup fresh lemon juice
2-3 tablespoons fresh lemon zest
3 oz. capers, drained
Cream (optional)
Fresh oregano or thyme

For serving:
Fresh pasta or mashed potatoes (optional)

Instructions:
1. In a large mixing bowl combine the ground chicken, egg, bread crumbs, cheese, salt, pepper, and garlic. Gently mix with your hands until evenly combined. Use a portion scoop to scoop 1 oz. meatballs. Roll into balls and place on a sheet pan.
2. In a large skillet or Dutch oven, heat butter over medium-high heat. Once warm, add in the meatballs in a single layer. Cook for 8-10 minutes until they are cooked through. Remove the meatballs from the pan.
3. Keeping the heat on medium-high heat, deglaze the pan with white wine, scraping up any bits from the bottom of the pan. Add in the minced garlic and sauté for 2-3 minutes until fragrant. Add the lemon juice, lemon zest, and capers. Let the sauce simmer for 5-10 minutes to thicken. If desired, add in a splash of cream.
4. Add meatballs back to the pan and toss in the sauce. Add in fresh herbs and serve as is or over fresh pasta or mashed potatoes.

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