

# Sesame ginger chicken meatballs, steamed rice & lettuce wraps with sautéed bok choy



These Asian-inspired chicken meatballs have become an eat2explore fan favorite! To make it easier, healthier and faster than the traditional way of frying, we broil the meatballs in a broiler and then braise them in a soy-sesame-ginger sauce. We add a chef's secret ingredient to make the flavors pop – a bit of sugar! Served with sautéed Chinese bok choy with some ginger, this dish can be eaten in "Asian" taco style (wrapped in a lettuce) or just with rice on the side. *Note: the soy sauce mix contains seafood (oyster sauce).*

## Did you know?

**Portabella Mushrooms** are the larger, earthier forms of common white mushrooms, such as button, crimini, and baby bella. These flavorful fungi are the #1 plant source of vitamin D! Spelling - Portobello or Portabella? that is the question!

**Bok Choy** a cabbage varietal cultivated in China since 400 AD, but it wasn't introduced to the rest of the world until the late 1700s! Bok Choy in Cantonese directly translates to "white vegetable." The leaves of bok choy are a dark green color while the stems are usually white, but other varieties have light green stems.



## In your kit

- OurFav Soy Ginger Mix
- Ginger Panko Mix



Minutes:  
20 min prep/30 min cook



Dairy & Nut-free



4 servings

## Your shopping list



1½ lbs ground chicken



2 cups rice (preferably Jasmine)



4 scallions



8oz bok choy / broccoli



4 garlic cloves



1 tablespoon white sesame seeds (optional)



6oz baby bella mushrooms



1 large egg



½ head of butter lettuce

**Basic pantry:** sugar, salt, olive oil

 youngest chefs

  older chefs

   oldest chefs / adults



## 1. Prep ingredients



- o **Garlic** - peel and mince, or crush using a garlic press. Use  $\frac{1}{2}$  for [step 3](#) and  $\frac{1}{2}$  for [step 5](#).
- o **Scallions** - remove and discard root and dark green ends. Mince  $\frac{1}{2}$  for [step 3](#) and thinly slice the remaining  $\frac{1}{2}$  for [step 6](#).
- o **Mushrooms** - cut into quarters.
- o **Lettuce** - wash and separate leaves.
- o **Bok choy / broccoli** - wash and separate leaves/broccoli florets.



## 2. Cook rice



- o In a small pot, combine **rice**, a pinch of **salt** and  $2\frac{1}{2}$  cups water.
- o Over medium-high heat, bring the pot to a boil.
- o Reduce heat, cover and simmer until the liquid has been absorbed and the rice is tender, about 15 minutes.
- o Remove from heat, fluff the cooked rice with a fork, and keep warm until ready to serve.



## 3. Prep chicken meatballs



- o Lightly grease a baking sheet with **olive oil**.
- o In a large bowl, combine ground **chicken**, 1 **egg**, **Ginger Panko Mix**,  $\frac{1}{2}$  of **minced garlic**,  $\frac{1}{2}$  of **scallions**, 2 tablespoons **sugar** and 1 teaspoon **salt**.
- o Using clean hands, gently fold the meatball mixture together. Form the meatballs into 1" diameter balls. Place on lightly greased baking sheet.



## 4. Braise chicken meatballs



- o Preheat broiler to high. Broil **meatballs** until golden brown and cooked through, about 8-10 minutes. *Be sure to keep an eye on them the entire time!*
- o In a Dutch oven / large pot, heat 1 tablespoon **olive oil** over medium-high heat.
- o Add **mushrooms** and cook until they release liquid.
- o Add **meatballs**, **OurFav Soy Ginger Mix** and  $\frac{1}{4}$  cup **water**. Cover the pot, lower the heat to simmer and braise the meatballs for about 10 minutes; stir occasionally.



## 5. Sauté bok choy



- o In a large non-stick skillet, heat 1 teaspoon of **olive oil** over medium high heat until hot.
- o Add remaining **garlic** and remaining **ginger** and sauté for 1 minute. Add **bok choy** and  $\frac{1}{2}$  teaspoon of **salt**.
- o Cover the skillet, and cook until the vegetables are tender and the color is bright green, about 3-5 minutes.



## 6. Plate your dish



- o Garnish the meatballs with remaining sliced **scallions** and sesame seeds (optional).
- o Serve the **meatballs** over **steamed rice** or wrap it with **lettuce**. Serve the **sautéed bok choy/broccoli** alongside.

# Mànman chí!!

(Slowly enjoy in Chinese)