



Asian Chicken Meatballs with an Asian Dipping Sauce

(courtesy Chef Chantel Williams, Rosebank campus)

INGREDIENTS

500 g chicken fillets
2-3 garlic cloves, crushed
3g of fresh ginger, peeled and chopped
3 Tbsp of fresh coriander, chopped
1-2 red or green chillis, deseeded

METHOD

Place all the ingredients in a food processor and combine until you get a fairly smooth consistency. Scoop up a tablespoon of the mixture and roll into balls, dust in flour and shallow fry for 3 to 5 minutes until golden brown and crispy.

ASIAN DIPPING SAUCE

INGREDIENTS

4 Tbsp soya sauce
1 Tbsp lime juice
1 Tbsp brown sugar or palm sugar
½ Tbsp sesame oil
Freshly chopped coriander

METHOD

Whisk all the ingredients well and serve with the Asian chicken meatballs.