

LING BOB SPICY CHICKEN MEATBALLS

INGREDIENTS

Meatballs:

200g onions, peeled, finely diced
100g peppers, deseeded, finely diced
100g carrots, peeled, grated
550g minced chicken
100g (2) eggs, beaten
3g (1tsp) ground cumin
5g (1¼tsp) mild chilli powder
3g (1 tsp) ground coriander
5g (1¼tsp) turmeric
3g (1tsp) black pepper

For tomato base sauce:

10ml (1/2 tbsp) vegetable oil
75g onions, peeled and diced
8g (2 cloves) garlic, peeled and chopped
30g red peppers, deseeded and finely chopped
50g courgettes, finely chopped
50g carrots, peeled and finely chopped
1g dried mixed herbs
300g canned tomatoes
100ml water
5g curry powder
Small bunch fresh coriander
30g tomato purée



METHOD

1. Preheat the oven to 190°C/375°F/gas mark 5.
2. To prepare the meatballs, mix half the onions with peppers, carrot, (cook these first) then mix chicken, egg, cumin, chilli, coriander, half the turmeric and black pepper. Divide equally into 10 then divide each again into 3 giving you 30 meatballs. Roll into balls and place on a lightly greased baking tin.
3. Bake the meatballs in the oven for approximately 30-40 minutes.
4. Prepare tomato base sauce by heating the oil and adding the vegetables and garlic. Cook until soft and slightly browned then add the mixed herbs, chopped tomatoes, water, curry powder and tomato puree. Simmer gently for approx. 30 minutes. Once cooled slightly blitz with a hand blender until the mix becomes a smooth paste.
5. Take the meatballs out of the oven and place in a clean