



Ashley's Meal Prep Monday!



Marry Me Chicken Meatballs

INGREDIENTS

Meatballs:

- 1 garlic clove, minced
- 1 egg
- 1/4 cup parmesan cheese
(Follow Your Heart brand for DF)
- 1/2 cup almond flour
- salt/pepper to taste
- 1/2 TSP onion powder
- 1 lb ground chicken or turkey

Sauce:

- 2 TBSP unsalted butter
- 2 garlic cloves, minced
- 1 TSP dried thyme
- 1/2 TSP red pepper flakes for spice
- 3 ounces sundried tomatoes
- 1/4 cup parmesan cheese
- 1 cup chicken broth
- 1 cup full fat coconut milk
- fresh basil leaves



Preheat the oven to 400 and line a baking sheet with parchment paper. In a large bowl, combine meatball ingredients and mix all together. Form into equal sized meatballs and add to baking sheet. Bake in the oven for about 12-15 minutes.

Begin making sauce by melting the butter in a large skillet. Add garlic, thyme, and red pepper flakes and cook for 30 seconds. Add in cheese, sun dried tomatoes, broth and milk and mix. Bring to a simmer and continue to simmer, stirring occasionally as the sauté starts to golden around the edges then reduce a bit.

Remove meatballs from oven and add to sauce. Coat the meatballs and simmer for about 10 minutes or so, so the sauce thickens a bit and the meatballs simmer in it for flavor. Garnish with fresh basil leaves and serve with pasta or rice

Recipe: rachlmansfield.com

CARTWRIGHT'S
MARKET