

Chicken Meatballs in Tomato Sauce

Tender chicken meatballs in rich tomato sauce. Easy 25-minute recipe with fresh herbs. Perfect comfort food for family dinners.

10 min

PREP

15 min

COOK

25 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1.1 lb chicken meat
- 2 onion
- 1 bunch parsley
- 1 tbsp cumin
- 1 tbsp black pepper
- 1 tbsp chili flakes
- 3 cup tomato
- 2 clove garlic
- 1 tsp granulated sugar
- 1 tsp salt
- 1 cup breadcrumb
- 2 tbsp olive oil

Instructions

1 Prepare the meatball mixture

Combine 1.1 lb ground chicken, 2 eggs, 1 bunch finely chopped parsley, 1 tablespoon minced onion, 1 teaspoon salt, and 1 teaspoon black pepper in a large mixing bowl. Mix gently with your hands until just combined, about 1 minute - don't overmix or the meatballs will be tough.

2 Form the meatballs

Wet your hands with cold water to prevent sticking. Roll the mixture into walnut-sized balls, about 1.5 inches in diameter, making approximately 20-24 meatballs. Place on a plate and set aside.

3 **Brown the meatballs**

Heat 1 tablespoon olive oil in a large heavy-bottomed skillet over medium heat (160°C/320°F). Add half the meatballs, leaving space between each one. Brown on all sides, turning every 2 minutes, for 6-8 minutes total until golden brown but not cooked through. Transfer to a plate and repeat with remaining meatballs.

4 **Make the tomato sauce**

Add 2 cloves minced garlic to the same pan and cook for 30 seconds until fragrant. Add 3 cups tomato puree, 1 teaspoon salt, and 2 tablespoons sugar. Stir to combine and bring to a gentle simmer, about 2-3 minutes.

5 **Simmer the meatballs**

Return all browned meatballs to the pan with the tomato sauce. Add 1 cup water if the sauce seems too thick. Reduce heat to low, cover, and simmer for 12-15 minutes until meatballs are cooked through (internal temperature reaches 74°C/165°F).

6 Taste and adjust seasoning with salt and pepper as needed. Serve immediately with rice, pasta, or crusty bread.

Tips

Wet your hands with cold water or lightly oil them when forming meatballs to prevent the mixture from sticking and ensure smooth, evenly shaped balls.

Don't overmix the meatball mixture - combine ingredients just until everything is evenly distributed to keep the texture tender and light.

Make meatballs uniform in size (about 1.5 inches in diameter) for even cooking. A small ice cream scoop or cookie scoop can help achieve consistent sizing.

Brown the meatballs in batches to avoid overcrowding the pan, which would cause them to steam rather than develop a proper sear.

Let the meatballs rest for 10-15 minutes after forming and before cooking - this helps them hold together better during the cooking process.

Simmer the meatballs gently in the sauce rather than boiling vigorously to prevent them from breaking apart or becoming tough.

Taste and adjust the seasoning of your tomato sauce before adding the meatballs, as it's harder to modify the flavor once they're combined.

For extra flavor, add a splash of the pasta cooking water to the sauce if serving over pasta - the starchy water helps bind the sauce to the noodles.