500g skinless chicken thighs, trimmed, chopped

1 small onion, grated

1 garlic clove, grated

1 teaspoon grated ginger

1 teaspoon lemon zest

1 tablespoon barbecue sauce

1 teaspoon caster sugar

1 eggwhite

1 tablespoon white sesame seeds

1 teaspoon black sesame seeds (optional)

1 sheet nori seaweed, cut into thin strips

SAUCE

2 tablespoons tomato sauce (ketchup)

2 tablespoons barbecue sauce or oyster sauce

2 teaspoons Worcestershire sauce

* Preheat the oven to 180°C and line a tray with baking paper.
* 2.Combine sauce ingredients in a bowl.
* 3.Whiz chicken, onion, garlic, ginger, zest, barbecue sauce, sugar and 1/2 teaspoon salt in a food processor for 1 minute or until completely smooth and sticky. Add the eggwhite and whiz to combine. Using damp hands, roll a heaped teaspoon of mixture into a ball and place on the lined tray. Repeat with remaining mixture to make 16 balls. Bake for 10 minutes or until almost cooked through.
* 4.Remove the tray from the oven. Brush half the sauce over the meatballs, sprinkle the tops with the sesame seeds, then return to the oven for a further 10 minutes or until golden and cooked through.
* 5.To serve, place 16 small dollops of the remaining sauce on a serving plate, then place the meatballs next to the sauce. Scatter with nori strips and serve.