

# Kung Pao Baked Chicken Meatballs

#cooking/recipe

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## Kung Pao Meatballs

### Ingredients

2lb. ground chicken  
1/3 cup yellow onion, finely diced  
2 large eggs  
1/2 cup white whole wheat flour  
2/3 cup rolled oatmeal  
2 tablespoons sriracha  
1/2 teaspoon sea salt  
1/2 teaspoon ground pepper  
4 teaspoons minced garlic

### For The Sauce

1/2 cup soy sauce (option tamari or coconut aminos)  
1/4 cup sriracha  
1/4 cup red chili paste  
1/4 cup honey

### Process

First, preheat oven to 400°F and spray a baking sheet with coconut oil cooking spray. Set aside.

Next, prep chicken meatballs mixture by placing all ingredients into a large bowl and mixing until combined.

Scoop out a heaping scoop of mixture and mold into a ball with your hands. It works best if your hands are slightly wet with water. Place on baking sheet and repeat.

Bake meatballs at 400°F for 25-28 minutes or until the top begins to turn golden brown.

While the meatballs are cooking, prep the kung pao sauce, by mixing all ingredients together in a small bowl.

Once the meatballs have slightly cooled, toss in sauce. Serve hot!

## **Nutrition**

**Servings: 8 (4 meatballs per serving, with sauce)**

Calories: 315cal

Fat: 15g

Carbs: 20g

Protein: 25g