

Chicken Parmesan Meatballs

Serves 4

Ingredients

- 3 ounces panko crumbs, divided
- 4 ounces Parmesan cheese, grated, divided
- 1 1/2 pounds ground chicken
- 1 large egg, lightly beaten
- 2 tablespoons Herb Oil, divided (see recipe below)
- 1 tablespoon dried basil
- 2 teaspoons garlic powder
- 2 teaspoons dried parsley
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- 2 1/2 cups spaghetti sauce
- 4 ounces low-moisture mozzarella cheese, grated

HERB OIL

- 16 ounces extra-virgin olive oil
- 6 large garlic cloves, peeled and crushed
- 3 sprigs thyme
- 2 sprigs rosemary
- 10 basil leaves, plus extra for serving
- 1 teaspoon red pepper flake

HERB OIL

- 1 Combine the olive oil, garlic, thyme, rosemary, basil and pepper flakes in a narrow saucepan over medium heat. As the heat builds there will be considerable bubbling as the water cooks out of the garlic and herbs. When this dies down and the basil and garlic turn brown, kill the heat and let the mixture steep until cool.
- 2 Strain the oil into a jar and toss the solids. Use immediately or cover tightly and freeze for later use.

CHICKEN PARMESAN MEATBALLS

- 1 Heat the oven to 400 degrees F.
- 2 Mix together 1/2 ounce of the panko with 1 ounce of the Parmesan in a small bowl. Set aside.
- 3 Combine the chicken, egg, 1 tablespoon of the herb oil, the remaining 2.5 ounces panko, the remaining 3 ounces Parmesan, basil, garlic powder, parsley, oregano and salt in a large bowl. Gently combine using your hands until just incorporated, try not to over work the meat.
- 4 Divide the meatball mixture into 28 golf ball sized rounds (1 ounce each) and roll them in the panko mixture.
- 5 Heat the remaining 1 tablespoon herb oil over medium heat in a 12-inch oven safe skillet. Brown the meatballs in the herb oil, about 30 seconds on each side, working in batches if needed to avoid crowding the pan. Remove the browned meatballs from the pan and make the Weeknight Spaghetti Sauce beginning with step 1, but without cooking the spaghetti.

- 6 Add the meatballs back to the pan, cover with the grated mozzarella and bake until the meatballs are cooked through, about 10 minutes, and the cheese is melted. Serve over cooked pasta or on top of crispy bread.

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