



# Teriyaki Chicken Meatballs

## Ingredients:

### For The Meatballs:

- 1 lb ground chicken
- 3/4 cup panko breadcrumbs
- 2 green onions, diced
- 1 tbsp fresh garlic, minced
- 1/2 tsp fresh garlic, minced
- 2 tsp soy sauce
- 2 eggs
- 1 tsp white pepper
- 1/2 tsp chile pepper paste, optional (it comes in a tube with the fresh herbs at your grocery store)

### For The Teriyaki Sauce:

- 1 bottle teriyaki sauce – use your favorite brand
- 2 green onions, diced
- 1 tsp fresh ginger, grated
- 2 tsp fresh garlic, minced
- 1/4 cup packed brown sugar
- 2 tsp sesame oil, optional
- 3 tbsp sesame seeds

## Directions:

**Preheat your oven to 375 degrees.** Place a cooling rack on a baking sheet and spray with Pam or brush with oil.

First thing first, get your sauce started. The longer the teriyaki sauce cooks, the sweeter it gets!

In a pot or a large shallow sauce pan over medium-low, **combine teriyaki sauce, 2 tbsp sesame seeds, brown sugar, sesame oil (if using), garlic, and ginger.** Stir to combine, and simmer.

Making the meatballs is simple. In a large bowl, **add all ingredients to make meatballs with your hands, and mix until well combined.** It will look sticky, but make sure that there are no lumps of anything or your meatballs will taste funny.

**Scoop and roll into meatballs.** Use a regular kitchen spoon, and scoop even size amounts of meatball mix and form into meatballs. Place on prepared baking sheet. I like cooking my meatballs without sauce, because it's easier to freeze this way if there are leftovers, or if I am making a double batch.

**Bake for 20–25 minutes or until meatballs reach an internal temperature of 165 degrees.** Remove from oven and set aside to cool for a minute – until you can touch them. At this point you can go ahead and freeze the meatballs in a single layer (once they have cooled of course), or serve them with the teriyaki sauce as an appetizer or over a bed of rice as an easy dinner.

**To serve, transfer meatballs to teriyaki sauce and add remaining sesame seeds and green onions.** Toss to combine, and cook for 2–3 minutes stirring constantly, to make sure that the sauce has coated your meatballs. Transfer to a plate with extra teriyaki sauce and enjoy.

### **Cook it in the crockpot!**

If you wanted, add all ingredients for teriyaki sauce to a crockpot, and turn on low. When meatballs are done baking, add them to the crockpot with teriyaki sauce and stir to combine. Leave on low, for at least 2 hours before serving, but they can sit in the crockpot for up to 8 hours on low, and they will be the juiciest, most tender and sweet meatballs you have ever had!