

Makes 10 meatballs

15
minutes

PREP: 10 minutes
COOK: 15 minutes

date
me

Chicken Parm MEATBALLS

1 lb./455 g boneless skinless chicken breast, cut into 1"/2.5 cm cubes
2 garlic cloves, peeled
½ medium onion, peeled quartered
¾ cup breadcrumbs
1 tbsp. Italian Herb Seasoning
1 egg, beaten
3 cups marinara sauce
1 cup Parmesan cheese

1. Assemble Fusion Master® with coarse mincer disc and place medium bowl underneath hopper.
2. Place chicken into hopper and turn the handle to grind meat. Once there is room in the hopper, add garlic and onion, followed by more chicken. Repeat with remaining chicken, garlic and onion until all is ground.
3. Add breadcrumbs, seasoning, egg and parmesan to chicken mixture and stir to combine.
4. Once combined, use ice cream scoop to help form mixture into meatballs.
5. Place meatballs in base of Microwave Pressure Cooker. Cover with marinara sauce. Seal and microwave on high power 15 minutes.
6. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 6–8 minutes. Check to ensure internal temperature of meatballs has reached 165° F/75° C. Serve warm, topped with Parmesan cheese.

Mindful Meal Prep

Make less mess and have less stress when you cook a double batch of this ultimate cook one night, serve two meals recipe that will have you spending less time in the kitchen and more time with the family.

Dinner #1:

Serve meatballs with spaghetti and a side salad – use the Tupperware® Smart Multi-Cooker or Pasta Maker to cook spaghetti, and the mandoline and Power Chef™ System to chop and slice vegetables for the salad. Mix your favorite dressing in the Quick Shake® Container.

Dinner #2:

Serve meatballs inside sub rolls with melted cheese. Assemble subs on the UltraPro Oven Plate and bake at 350 ° F/175 ° C for 6–8 minutes or until cheese has melted. Pair with leftover salad from the previous night.

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