



# Fructose Friendly Chicken Meatballs

## Ingredients

- 500g chicken mince
- 1 large carrot, grated
- 1 tbsp of garlic-infused olive oil
- 1/2 cup shredded coconut
- 1 egg
- 2 heaped tsps curry powder
- 1/2 tsp salt
- large handful of coriander
- 2 tablespoons of sauerkraut (to serve)

## Directions

- Combine all ingredients in a large bowl and mix thoroughly.
- Roll mixtures in meatballs (about the size of a golf ball)
- Pour some olive oil into a large frypan over medium-high heat. Once the pan has reached heat, add the meatballs.
- Cook for 2 minutes, then roll over and cook for 2 minutes more. Put a lid on the pan and finish cooking for another 6-8 minutes. Alternatively, you can put them in the oven for 20-25min at 200 degrees Celcius.
- I love serving these with a size of saur kraut, mashed sweet potato and some green beans, but you can serve this with whatever you like. It's also yummy on top of a salad for lunch the next day!