KIKKOMAN

Chicken teriyaki meatballs

Total time **30 mins** **15 mins** preparation time **15 mins** cooking time

INGREDIENTS

2 portion(s)

0.5 bunch	of perilla (red or green, alternative: shiso cress)
1.5	limes
400 g	chicken breast fillet
2	garlic cloves, chopped
2 tbsp	ginger, chopped
2 tbsp	rapeseed oil
125 ml	Kikkoman Teriyaki Wok Sauce with Roasted Garlic
350 g	cooked Japanese wholegrain or brown rice (genmai)

PREPARATION

Step 1

0.5 bunch of perilla (red or green, alternative: shiso cress) - **1.5** limes - **400 g** chicken breast fillet
Pick the herb leaves off and chop half of them. Grate 2 tsp of lime zest, juice one lime, and cut the remaining half into wedges. Slice the chicken breast into thin strips, then dice into small cubes and chop up even more finely.

Step 2

2 garlic cloves, chopped - **2 tbsp** ginger, chopped
Knead the chicken breast with the lime zest, herbs, garlic and ginger. Using wet hands, shape into walnut-sized balls.

Step 3

2 tbsp rapeseed oil - **125 ml** Kikkoman Teriyaki Wok Sauce with Roasted Garlic
Fry the meatballs in a wok with rapeseed oil over a medium heat until golden brown on all sides, about 6 minutes in total. Turn down to the lowest heat, add the Kikkoman Teriyaki Sauce with Garlic and the lime juice, cover and simmer gently for another 6 minutes.

Step 4

350 g cooked Japanese wholegrain or brown rice (genmai)
Heat the rice and divide between bowls. Arrange the meatballs, sauce and lime wedges on the rice and garnish with the remaining herbs.