



Chicken meatballs with spinach and candied garlic

Portions: 6

Preparation: 40 minutes

Cooking time: 2 heures

6



Ingredients

Polpette (or Meatballs)

- 1,1 pound (500 g) ground chicken
- 2 eggs
- 1 cup (250 ml) italian breadcrumbs
- ½ cup (120 ml) grated parmesan
- ¼ cup (60 ml) de purée de poivrons ou de pâte de tomates
- ¼ cup (60 ml) fresh spinach, finely chopped d'épinards (about 1 cup [250 ml] of leaves)
- 2 garlic cloves, minced
- Fresh pepper, to taste

Casserole dish

- 1 yellow onion, chopped
- 227 g (about 1 ½ cup) mushrooms
- 2 tablespoons (15 ml) extra-virgin olive oil (keep part of it to brush the garlic heads)
- 3 sprigs fresh rosemary
- 1 cup (250 ml) dry white wine
- 1 cup (250 ml) salted chicken broth
- 2 cups (500 ml) spinach leaves
- 3 bulbs of garlic, cut horizontally
- Fresh pepper, to taste

Steps

1. In a large bowl, combine all the meatballs ingredients and mix lightly with your hands until combined.
2. Form the mixture into 18 meatballs. Set aside.
3. Preheat the oven to 300 oF (150 oC).
4. In a large ovenproof skillet enamelled cast iron style, heat the olive oil over medium-heat and add the onion and the mushrooms. Cook until golden.
5. Add the rosemary, deglaze with the white wine.
6. Let evaporate ¾ of the wine, then add the chicken stock, spinach and meatballs.
7. Place the garlic bulbs pretty much everywhere in the skillet and brush with the remaining olive oil.
8. Bake uncovered for 1h30, brushing halfway through cooking the meatballs with the sauce.
9. Pepper just before serving.
10. Serve with mashed potatoes and slices of sourdough bread with olive oil.