Makes 24

Ingredients

- 500g lean chicken mince
- 2 cloves garlic, crushed
- ½ tablespoon of finely grated ginger
- 1 tablespoon self-raising flour
- 1 tablespoon oyster sauce
- 1 tablespoon lime juice
- ¼ cup coriander finely chopped
- 2 tablespoons sesame oil
- Lemon or lime wedges to serve

Method

1. Combine the chicken mince, garlic, ginger, flour, oyster sauce, lime juice and coriander in a large bowl.
2. Using wet hands, roll level tablespoons of mixture into balls.
3. Heat a large fry pan to medium-high heat and add the sesame oil. Cook the meatballs for 5 minutes before turning. Turn and cook for a further 5 minutes or until golden and cooked through.
4. Serve with lime or lemon wedges.

Optional

Serve with a side salad or vegetables to make this a balanced main meal. Use this recipe to make healthy chicken burgers or wraps.