



JERNEJ KITCHEN

CREAMY CHICKEN MEATBALL PASTA WITH GREENS

Creamy Chicken Meatball Pasta with Greens is a quick, simple weekly family dinner recipe. The pasta is light, creamy, nourishing, and delicious.

SERVES	6	PEOPLE
PREPARATION:	15	MINUTES
COOK:	20	MINUTES
TOTAL TIME:	35	MINUTES

MEATBALLS

400 g (0.9 pound) ground chicken meat

1/2 onion, chopped

1 sprig of rosemary

1 tbsp chopped parsley

1 tbsp shredded parmesan

3 tbsp breadcrumbs

1 egg

PASTA AND SAUCE

1 tbsp olive oil

1 tsp unsalted butter

1/2 onion, chopped

2 garlic cloves

1 tsp flour

1 tsp Dijon mustard

200 ml (3/4 cup) heavy cream

250 ml (1 cup) chicken broth

250 g (1/2 pound) mix of baby spinach, baby swiss chard, young kale

1/2 tsp grated nutmeg

MEATBALL

First, make the meatballs. Combine ground chicken, chopped onion, rosemary, chopped parsley, shredded parmesan cheese, breadcrumbs, and cheese in a bowl. Season with salt and pepper. Using a teaspoon, grab some mixture and shape it into a small, bite-size ball. Place it on a baking sheet. This mixture should make about 50 small balls.

PAN-FRY THE MEATBALLS

Place a Tefal Unlimited pan (28 cm) over medium heat. Add the olive oil and as many meatballs as you can fit in a single layer in your pan. Cook for about 5 minutes, regularly turning the balls until golden brown. Transfer to a plate and make the sauce.

SAUCE AND MEATBALLS

Add butter to the same pan. Add chopped onion, minced garlic, and flour when the butter melts. Cook over low heat for about 5 minutes, stirring regularly. Add Dijon mustard, heavy cream, and chicken broth. Bring to a boil, then add the greens. Cook until the greens wilt, for about 2 minutes. Add the pan-fried chicken meatballs. Season with salt, pepper, and nutmeg. Cook for 2 - 3 minutes.

COOK THE PASTA

Cook the pasta in salted boiling water according to the package instructions or until the pasta is cooked al dente.

SERVE

Drain the pasta and add it to the sauce with the meatballs. Toss to combine. Before serving, optionally sprinkle with shredded parmesan cheese and stir in some freshly squeezed

300 g (10.5 oz) tagliatelle or
pappardelle

lemon juice.

TOOLS AND EQUIPEMENT Sponsored

[Tefal Unlimited pan 28 cm](#)

[Cook Eat Tefal pot 20 cm](#)

cutting board

kitchen knife

colander