

## Chicken Balls (Italian Jewish)



Served with Microwaved frozen vegetables (gee those baby peas were green)

**800g Chicken thigh fillet trimmed of fat and cut up for processing**  
**1/4 teaspoon pepper white preferably**  
**1 Teaspoon Salt Skip Chicken Stock Powder**  
**1 teaspoon cinnamon**  
**1 egg**  
**1 tablespoon olive oil**  
**3 cloves garlic chopped finely**  
**3 stalks chopped celery (6mm cubes)**  
**800g (1 large or 2 small tins) Roma tomatoes with 25mg or less sodium per 100g. .**

In a pan with a lid boil up the chopped celery in a little water for 5 minutes.

Use the food processor (with blade) to turn the tomatoes into a puree.

Drain the celery and add the garlic and oil and gently fry a little.

Add the tomato puree and gently cook the sauce.

Without cleaning the processor:-  
add the chicken, pepper, cinnamon, egg, stock powder and process to a paste.  
Start the tap running slowly and with wet hands make 15 balls.

You will need to pop your hands under the tap occasionally.

Cook with lid on for 20 minutes.

Serve with boiled or microwaved vegetables.