

Grilled meatballs with cranberry glaze

Total time **90 mins** 15 mins preparation time 15 mins cooking time 60 mins marinating time

Nutritional facts (per portion):
1772 kJ / 424 kcal

Fat: **14 g** Protein: **36 g**
Carbohydrates: **38 g**

INGREDIENTS

2 portion(s)

Meat:

300 g minced chicken
1 egg
3 tbsp Kikkoman Naturally Brewed Soy Sauce
2 tsp za'atar spice
1 pinch of ground chilli
1 pinch of pepper
1.5 tbsp bread crumbs

Cranberry glaze:

100 g cranberries from the jar
2 tbsp Kikkoman Teriyaki BBQ-Sauce with Honey
1 tsp grated orange zest
1 tbsp lemon juice
1 pinch of dried oregano
1 chilli pepper (optional)

In addition:

1 tbsp oil for greasing

PREPARATION

Step 1

300 g minced chicken - **1** egg - **3 tbsp** Kikkoman Naturally Brewed Soy Sauce - **2 tsp** za'atar spice - **1 pinch** of ground chilli - **1 pinch** of pepper - **1.5 tbsp** bread crumbs

Mix the mince with an egg, Kikkoman Soy Sauce and spices. Add the bread crumbs and mix again until the mixture can be easily moulded.

Step 2

Moisten your hands and shape the mixture into neat meatballs about 3 cm in diameter. Skewer the meatballs in batches of 3 to 5 and refrigerate for 1 hour.

Step 3

100 g cranberries from the jar - **2 tbsp** Kikkoman Teriyaki BBQ-Sauce with Honey - **1 tsp** grated orange zest - **1 tbsp** lemon juice - **1 pinch** of dried oregano - **1** chilli pepper (optional)

Mix the cranberries with Kikkoman Teriyaki BBQ-Sauce Honey, orange zest, lemon juice and oregano. If you fancy an extra kick, add finely chopped chilli to taste.

Step 4

1 tbsp oil for greasing

Coat the meatballs with oil using a brush. Grill on a hot griddle for about 5 minutes on each side. Then brush the meatballs with glaze on each side and grill again.