



HOPE30 KITCHEN

Hope30 Chicken Meatballs in a Dijon Mushroom Sauce

Ingredients for Meatballs:

- 1 pound ground chicken
- 1 tsp paprika
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tablespoon dried parsley
- 1/2 tsp pink salt
- 1/2 tsp ground black pepper

Ingredients for Sauce:

- 1/2 cup of dijon mustard
- 1 cup chicken stock
- 1/2 tsp of ground black pepper
- 1 tsp garlic powder
- 6 oz jar of mushrooms/drained
- 1 bag of frozen zoodles

Cooking Directions:

- Combine the meatball spices and incorporate into the chicken.
- Form into meatballs and air fry for 10 minutes at 400 degrees.
- While the meatballs cook, add the sauce ingredients to a skillet and bring to a boil. Lower to a simmer and the sauce will cook down and thicken.
- Stir occasionally and add the cooked meatballs to the pan, being sure to coat them in the sauce.
- Simmer for an additional 10 minutes or until the sauce is to the thickness you like.

I served these over zoodles, and my husband asked for seconds!
