

Chicken meatball stroganoff

10m prep 20m cook 4 servings

Ingredients

500g chicken mince
3/4 cup (50g) fresh breadcrumbs (made from day-old bread)
2 tbsp finely chopped chives
1 tsp ground paprika
1 brown onion, thinly sliced
250g cup or brown mushrooms, sliced
3/4 cup (185ml) chicken stock
1 tbsp tomato paste
1 tbsp Worcestershire sauce
2/3 cup (160g) sour cream
300g fettuccine

Method

Step 1

Combine the mince, breadcrumbs, chives and half the paprika in a bowl. Season. Roll 1-tbs portions of the mince mixture into balls.

Step 2

Spray a large deep frying pan with olive oil spray. Place over medium-high heat. Cook the meatballs, turning occasionally, for 4-5 mins or until brown all over. Transfer to a plate.

Step 3

Add the onion and mushroom to the pan and cook, stirring, for 5 mins or until onion softens. Add the remaining paprika and cook, stirring, for 1 min or until aromatic. Add the stock, tomato paste and Worcestershire sauce. Bring to the boil. Reduce heat to medium. Return the meatballs to the pan. Cook, stirring occasionally, for 5 mins or until meatballs are cooked through. Add sour cream. Stir to combine. Cook for 2 mins or until sauce thickens slightly. Season.

Step 4

Meanwhile, cook the pasta in a large saucepan of boiling water following packet directions or until al dente. Drain well.

Step 5

Divide pasta among serving plates. Spoon over meatball stroganoff.