Chicken Pesto Meatballs with Courgette Noodles

Basil pesto stirred straight into the mince keeps these meatballs juicy and fragrant.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**20 min**	**35 min**	**4**	**EASY**

Ingredients

- 500 g chicken mince
- 3 tbsp basil pesto
- 30 g fresh breadcrumbs (or gluten-free breadcrumbs)
- 1 egg
- 4 courgettes (spiralised)
- 300 g cherry tomatoes (halved)
- 2 cloves garlic (sliced)
- 20 g parmesan (shaved)

Method

1. Mix the chicken mince, pesto, breadcrumbs and egg together, then roll into 16 meatballs.
2. Heat a little oil in a large frying pan over a medium heat and cook the meatballs for 10–12 minutes, turning, until browned all over and cooked through.
3. Push to one side, add the garlic and cherry tomatoes and cook for 3–4 minutes, until the tomatoes start to collapse.
4. Add the courgette noodles and toss for 2 minutes, just to soften slightly and warm through.
5. Serve everything together, topped with parmesan shavings.

Tips & swaps

- Wet your hands before rolling the meatballs — it stops the mixture sticking.
- Regular spaghetti works fine if you don't have a spiraliser.

Storage & reheating

Meatballs keep in the fridge for 3 days or freeze well; cook the courgette noodles fresh each time.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
340	**32g**	**10g**	**19g**	**4g**

Estimated values, for guidance only. Contains: Egg, Gluten, Milk, Tree nuts (pesto often contains pine nuts).