

Garlic Butter Meatballs and Zoodles

Serves: 4

Prep: 10 minutes

Total: 35 minutes

Ingredients:

- 1 lb. ground chicken
- 5 cloves garlic, minced and divided
- 1 large egg, beaten
- ½ c. freshly grated Parmesan, plus more for garnish
- 2 tbsp. freshly chopped parsley
- ¼ tsp. crushed red pepper flakes
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. extra-virgin olive oil
- 4 tbsp. butter
- 1 lb. zoodles
- Juice of ½ a lemon

Directions:

1. In a large bowl, mix ground chicken, 2 cloves garlic (2 tsp. minced), egg, Parmesan, parsley and red pepper flakes. Season with salt and pepper, form into tablespoon-sized meatballs.
2. In a large skillet over medium heat, heat oil and cook meatballs until golden on all sides and cooked through, about 10 minutes. Transfer to a plate and wipe out skillet with a paper towel.
3. Melt butter in skillet and add remaining minced garlic. Cook until fragrant, 1 minute. Add zoodles to skillet, toss with garlic butter and add lemon juice. Return meatballs to skillet and heat until warmed through. Garnish with Parmesan before serving.



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