

Chicken Meatballs in Creamy Dijon Sauce - Elegant, Easy Dinner

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TIME
30 min

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INGREDIENTS

For the Meatballs:

1 lb ground chicken

... cup breadcrumbs

... cup grated Parmesan cheese

1 egg

... cup finely chopped onion

1 clove garlic, minced

Salt and pepper, to taste

1 tbsp olive oil, for cooking

For the Creamy Dijon Sauce:

1 tbsp butter

1 tbsp flour

1 cup chicken broth

... cup heavy cream

2 tbsp Dijon mustard

Fresh parsley, chopped, for garnish

DIRECTIONS

- 1.** ? Step 1: Mix & Shape Meatballs: In a large bowl, combine ground chicken, breadcrumbs, Parmesan, egg, onion, garlic, salt, and pepper. Mix until just combined-don't overwork it. Form into small meatballs (about 1 to 1½ inches).
- 2.** ? Step 2: Cook the Meatballs: Heat olive oil in a large skillet over medium heat. Add the meatballs in batches if necessary and cook until browned on all sides and fully cooked through, about 8-10 minutes total. Transfer to a plate.
- 3.** ? Step 3: Make the Roux: In the same skillet, melt butter. Stir in the flour and cook for 1 minute, whisking constantly, until the mixture is golden and bubbly.
- 4.** ? Step 4: Build the Sauce: Slowly whisk in chicken broth, scraping up any browned bits from the bottom. Add heavy cream and Dijon mustard, stirring until smooth. Simmer for 2-3 minutes until thickened. Season with salt and pepper to taste.
- 5.** ? Step 5: Finish & Serve: Return the meatballs to the skillet, tossing to coat in the sauce. Simmer for 2-3 more minutes to warm through. Garnish with fresh parsley and serve hot.

TIPS FOR SUCCESS

Use a cookie scoop for even meatballs.

Chill the shaped meatballs for 10 minutes if they're too soft to handle.

Deglaze the skillet with a splash of broth or white wine for extra flavor.

Let the sauce simmer gently -avoid boiling to keep it creamy.

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Original recipe: <https://chefmaniac.com/chicken-meatballs-in-creamy-dijon-sauce-elegant-easy-dinner/>