



Makes: 4 servings

Prep Time: 20 minutes Cook Time: 23 minutes

Total Time: 43 minutes

Sheet Pan Chicken Meatballs & Charred Broccoli

Sauce:

- 2/3 cup ketchup
- 1/4 cup Worcestershire sauce
- 2 tbsp rice cooking wine or water
- 2 tbsp honey
- 4 tsp soy sauce
- 1 tsp peeled, finely grated ginger
- 1/2 tsp freshly ground black pepper

Meatballs & Assembly:

- 2 heads of broccoli (about 1½ lb.)
- 2 tbsp vegetable oil, divided
- 2 1/2 tsp kosher salt, divided
- Crushed red pepper flakes (optional)
- 1 pound ground chicken
- 1 large egg, beaten to blend
- 4 scallions, thinly sliced
- 2 garlic cloves, finely grated
- 2" piece ginger, peeled, finely grated
- 1/3 cup panko (Japanese breadcrumbs)
- 1 tbsp toasted sesame oil
- 1/4 tsp freshly ground black pepper
- Cooked rice and sesame seeds (for serving)

Sauce:

Mix ketchup, Worcestershire sauce, wine (if using), honey, soy sauce, ginger, and pepper in a small saucepan. Measure out ¼ cup mixture into a small bowl; set aside for glazing meatballs later. Bring remaining mixture to a simmer over medium-high heat, stirring occasionally and reducing heat if needed, until sauce thickens, about 5 minutes. Transfer sauce to a small bowl.

Meatballs & Assembly:

Place a rack in upper third of oven; preheat to 450°F. Line a rimmed baking sheet with foil. Trim broccoli stems and remove from crown. Peel off tough outer skin; slice crosswise into ½" pieces. Cut florets into 2" pieces. Toss on prepared baking sheet with 1 tablespoon vegetable oil, 1 teaspoon salt, and a few pinches of red pepper flakes (if using). Push to the edges of baking sheet to create a space for meatballs. Brush space with remaining 1 tablespoon vegetable oil.

Mix chicken, egg, scallions, garlic, ginger, panko, sesame oil, pepper, remaining 1 ½ teaspoon salt, and ¼ cup water in a medium bowl. Using wet hands, form into fifteen 1½"-diameter meatballs. Arrange on baking sheet; brush with some of the reserved glazing mixture. Bake until meatballs are cooked through, 14–18 minutes. Remove from oven; heat broiler. Brush meatballs with remaining glazing mixture; broil until broccoli is charred and meatballs are browned in spots, about 5 minutes.

Spoon meatballs and broccoli over rice in bowl. Drizzle with sauce and sprinkle with sesame seeds.

Recipe from Bon Appetit