

Air Fryer Teriyaki Chicken Meatballs

Mikey Conquers the Kitchen | Easy Complete Dinner

PREP 15 MIN

COOK 13-15 MIN

YIELD ~8 MEATBALLS

380° → 400°F

INGREDIENTS

Meatballs

- 1 lb ground chicken
- 2 tbsp chopped scallions (+ garnish)
- 1 tsp fresh grated ginger
- 1 peeled garlic clove, grated
- 1 tsp soy sauce
- 1/3 cup plain panko breadcrumbs
- 1/4 tsp salt
- Oil for hands; oil spray for basket

Vegetables

- 1 small broccoli crown (~10 oz, untrimmed)
- 1/2 red bell pepper, thinly sliced
- 2 tsp olive oil
- 1/4 tsp each garlic powder, salt & pepper

Glaze & Serving

- Prepared teriyaki sauce, enough to coat
- 90-second microwave rice
- Sesame seeds and extra scallions

INSTRUCTIONS

1. Prep aromatics. Chop scallions. Peel and grate ginger; grate peeled garlic.
2. Mix. Combine chicken, 1/4 tsp salt, soy sauce, panko, scallions, ginger and garlic. Mix gently.
3. Roll. Divide into 8 portions with a spoon. Lightly oil hands and form meatballs.
4. First cook. Preheat air fryer to 380°F (193°C). Spray basket with oil. Add meatballs; cook 6 min.
5. Vegetables. Cut broccoli into bite-size florets and pepper into thin strips. Toss with 2 tsp olive oil and 1/4 tsp each garlic powder, salt and pepper.
6. Flip. Flip meatballs and add vegetables to the other half of basket. Cook 5-6 min at 380°F.
7. Glaze. When meatballs read about 150-155°F, transfer to bowl and coat with prepared teriyaki sauce.
8. Finish. Return meatballs to basket at 400°F (204°C) for 2-3 min, until sticky and the center reaches 165°F (74°C).
9. Serve. Heat microwave rice according to package. Plate with vegetables and meatballs; add sesame seeds and scallions.

MEAT THERMOMETER TIP: 150-155°F is only the glazing point. Ground chicken must reach 165°F (74°C) before serving. Air fryers vary; use temperature, not timing alone.