

J. Rickards Winery



HERBED CHICKEN MEATBALLS WITH PARMESAN ORZO

Prep time: 20 min | Cook time: 20 minutes | Total time: 40 min | 4 servings

Recommended wine pairing: J. Rickards Malbec, Zanzi Curve Vines

FOR THE MEATBALLS

INGREDIENTS

2 oz. fresh Italian bread, cut in cubes

½ c. warm milk

2 T. butter

1 shallot, minced

4 garlic cloves, minced

1 t. granulated garlic

½ t. red pepper flakes

1 ½ lbs ground chicken thighs

¼ c. Parmesan cheese, grated

½ c. chopped sun-dried tomatoes (in oil)

2 T. chopped fresh parsley

2 t. Italian seasoning

½ t. Kosher salt

DIRECTIONS

- 1 Preheat oven to 450. Prepare a sheet pan with parchment paper. Place the breadcrumbs in a bowl with the warm milk. Let soak for at least 5 minutes.
- 2 Heat a skillet over medium heat. Add the butter. When it is melted, add the shallot and garlic. Cook until softened, 2-3 minutes. Stir in the granulated garlic and the red pepper flakes, Remove from heat.
- 3 Add chicken, Parmesan, sun-dried tomatoes, herbs, salt and shallot mixture to the bowl with the bread. Mix until incorporated. Form into sixteen 2-inch meatballs, packing them tightly. Place on sheet pan and drizzle meatballs with olive oil. Bake on top rack in oven for 25-30 minutes.

Directions for Orzo continued on other side →



FOR THE ORZO

INGREDIENTS

2 T butter	1 ½ c. vegetable or chicken stock, more if needed
8 sage leaves	½ c. heavy cream
1 shallot, thinly sliced	2 oz. fresh spinach (about 2 c.)
1 c. orzo	¼ c. grated Parmesan, plus more for serving
1 c. dry white wine	
1 small handful of thyme stems, tied with twine	

DIRECTIONS

- 1 Wipe out the skillet used for the meatball ingredients and place back over medium heat. Melt the butter and add the sage leaves. Let them crisp as the butter begins to brown. Transfer to a paper towel with a slotted spoon.
- 2 Add the shallots to the butter and season with a pinch of salt. Cook for 2 minutes. Stir in the orzo. Pour in the white wine and add the thyme. Bring to a simmer and cook for 2 minutes. Add the stock and bring to a simmer again, cook for another 5-6 minutes, stirring often.
- 3 Add in the heavy cream, spinach and parmesan. Let the cream simmer while the spinach wilts and parmesan melts, stirring constantly. Season with salt to taste. Remove the thyme sprigs.
- 4 Serve the meatballs over the orzo. Garnish with crispy sage leaves, fresh cracked pepper and Parmesan.

Enjoy!