Crispy Chicken Meatballs with Chickpeas and Cottage Cheese

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Crispy chicken meatballs and smoky chickpeas served on a cottage cheese base with Greek yogurt, cucumber, lemon zest and garlic.

Yield: 4 servings

Ingredients

For the meatballs

- 4 boneless chicken thigh fillets (about 520 g; 1 fillet per person)
- 2 small onions
- 4 garlic cloves
- 2 eggs
- salt
- your favourite herbs
- breadcrumbs (for coating)
- olive oil (for drizzling)

For the chickpeas

- 1 can chickpeas (400 g including liquid, drained)
- a drizzle of olive oil
- smoked paprika

For the cottage cheese base

- 400 g cottage cheese (2 × 200 g tubs)
- a few tablespoons Greek yogurt
- 1 small fresh cucumber
- 1 garlic clove

- grated lemon zest
- salt

Instructions

1. Place the chicken thigh fillets, peeled onions, 4 garlic cloves, eggs, salt and your favourite herbs in a food processor. Process until finely chopped and combined into a meatball mixture.

2. Shape into meatballs, roll in breadcrumbs and drizzle with olive oil.

3. Arrange the meatballs in a single layer in the air fryer. Select the Air Fry setting and cook for 10 minutes. Work in batches if needed, leaving room to add the chickpeas later.

4. While the meatballs cook, toss the drained chickpeas with a drizzle of olive oil and smoked paprika.

5. Turn the meatballs over, add the chickpeas alongside and cook for about 5 minutes more, until the chicken is cooked all the way through. If cooking in batches, divide the chickpeas between them. Cook longer if needed.

6. For the base, mix the cottage cheese with a few tablespoons of Greek yogurt. Grate in the cucumber, some lemon zest and the remaining 1 garlic clove. Season with salt.

7. Divide the cottage cheese base into 4 servings. Top with the hot meatballs and chickpeas, and serve.

Notes

Air Fry setting: about 15 minutes per batch (10 + 5 minutes), longer if needed until the chicken is cooked through. Exact temperature not specified. Cooking several batches takes longer overall.

The 400 g chickpea can weight includes liquid; use the drained contents. Herbs, salt, paprika, lemon zest, breadcrumbs and oil were not measured precisely. Use a few tablespoons of yogurt.

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