

Jerk Chicken Meatballs In A Coconut BBQ Sauce

Good quality sausages make for brilliant meatballs as they are already packed full of amazing flavours, so they don't really need much adding to them. And this recipe is a prime example of how you can turn a humble sausage into a cracking Caribbean inspired dinner.



Serves: 2

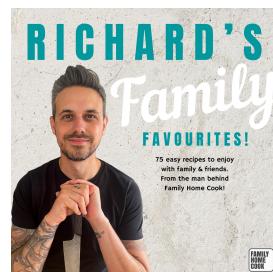
Prep Time: 15 minutes

Rest/Marinate Time: 0

Cooking Time: 40 minutes

Ingredients

- 10 chicken chipolatas.
- 1 tbsp of jerk power.
- 2 tbsps of panko breadcrumbs.
- 2 tbsps of flour, seasoned with salt & pepper.
- 1 tbsp of jerk paste.
- 400 ml tin of coconut milk.
- 2 tbsps of BBQ sauce.
- 1 tbsp of runny honey.



Find this recipe on
page 18 of [my book](#).

Method

- Take the sausages out of their casings and pop into a bowl, followed by the jerk powered and panko. Mix and form into 8 meatballs, roughly the size of a golf ball.
- Put the flour onto a plate then roll the meatballs in the flour and pop to one side. Take a nonstick pan and add a drizzle of oil, then over a medium to high heat fry the meatballs till golden on all sides, around 7 minutes.
- Once your meatballs are golden, take them out of the pan and place them to one side. Now add the jerk paste and give that literally 30 seconds. Next pour in the coconut milk, add the BBQ sauce, honey, and give that a good mix. Bring up to a boil, return the meatballs to the pan, then low the heat and simmer gently. Cook for 10 minutes or till the meatballs are cooked through and the sauce has thickened slightly. Give the meatballs a turn in the sauce every so often.
- When the meatballs are ready remove them from the pan and check the sauce for seasoning and give the sauce a good mix. Pop the meatballs back into the sauce, give them a turn in the sauce and you are good to go.
- I like to finish off the meatballs with a sprinkling of some fresh herbs, sesame seeds, a few sliced red chilies and spring onions. Serve them on top of some rice and pour over the sauce.