



PREP TIME : 15 MIN

COOK TIME : 15 MIN

SERVES : 4

Ingredients :

- **1 lb (500 g) ground chicken**
- **1/3 cup (125 mL) grated onion**
- **1 tbsp (15 mL) VH[®] Regular Soya or VH[®] Reduced Sodium Soya Sauce**
- **1/2 cup (125 mL) cilantro**
- **2 tbsp (30 mL) vegetable oil**
- **1/2 cup (125 mL) VH[®] Plum Dipping Sauce**
- **2 cups (500 mL) puffed rice**

Directions :

- 1. Preheat a wide frying pan to medium heat.**
- 2. Combine the ground chicken, onion, VH[®] Soya Sauce and cilantro. Mix well and form 16 1 inch (2.5 cm) balls.**
- 3. Place the oil in the frying pan then add the meatballs and brown them on all sides until cooked through, about 15 minutes. Season with salt and pepper to taste.**
- 4. Remove the cooked meatballs and place them in a bowl with VH[®] Plum Sauce, toss to coat.**
- 5. Add puffed rice to a separate bowl. Skewer each meatball and dip into puffed rice to coat. Serve warm.**

Inspiration:



Crispy Chicken Lollies

The global phenomenon of meat on a stick has inspired me to create this perfect little appetizer for your next get together.