

# CrispLid Chicken Meatball Parmesan



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Website

★★★★★ (1 Review)

Chicken Parmesan is transformed into a meatball version in this recipe. Savory chicken meatballs are cooked under the CrispLid and then topped with marinara sauce and mozzarella cheese creating a quick and easy dinner that is ready in just under 30 minutes. It is perfect of busy weeknights and fancy enough for date night!



**Ready in:** 28min **Prep time:** 15min

**Cook time:** 13min

## Ingredients

1 pound ground chicken  
 $\frac{1}{2}$  cup (tightly packed) finely chopped fresh parsley  
 $\frac{1}{2}$  cup freshly grated Parmesan cheese  
 $\frac{1}{3}$  cup panko bread crumbs  
1 egg  
1 teaspoon kosher salt, plus more for seasoning  
 $\frac{3}{4}$  teaspoon garlic powder  
1 pinch red pepper flakes  
cooking spray  
2 cups marinara sauce  
4 ounces fresh mozzarella cheese, torn into large pieces

## Appliances

For best results, we recommend using:

## Directions

1. Line CrispLid fryer basket with aluminum foil.
2. Combine ground chicken, parsley, Parmesan cheese, panko bread crumbs, egg, salt, garlic powder, and red pepper flakes in a bowl.
3. Gently pack chicken mixture into a  $\frac{1}{4}$ -cup measuring cup or ice cream scoop and form into meatballs. Lightly season the outside of meatballs with additional salt.
4. Spray meatballs all over with cooking spray and arrange in a single layer in the prepared CrispLid fryer basket.
5. Set CrispLid trivet in inner steel pot of pressure cooker and set fryer basket on top of trivet.
6. Set CrispLid on top of inner steel pot and plug in. Set to 425°F (220°C) and cook for 8 minutes.
7. Remove CrispLid and pour marinara sauce around the meatballs and arrange mozzarella cheese over top. Place CrispLid back on inner steel pot and cook at 475°F (245°C) until cheese is lightly browned and a thermometer inserted near the center of a meatball reads at least 165°F (75°C), about 5 minutes. Lift the lid using the handle and set it on the silicone trivet.

## Mealthy Tip



## Mealthy CrispLid



You can also use a 7-inch heatproof bowl or container instead of lining the CrispLid fryer basket. Spray the bowl or container with cooking spray before adding the meatballs.

### Nutrition Facts



Per Serving: 479 calories; 26g fat; 20.1g carbohydrates; 41g protein; 204mg cholesterol; 1781mg sodium.

[Full nutrition](#)