**Method**

1. In a bowl, mix together the Tegel Fresh Chicken Premium Breast Mince, spring onions, breadcrumbs, parsley, lemon zest and egg. Season with salt and pepper. Use wet hands to roll the mixture into walnut sized balls.
2. Heat a dash of oil in a deep-lidded frying pan and brown the meatballs. This is best done in 2 batches. Set aside.

3. Add an extra dash of oil to the pan, gently fry onion, ginger and celery until tender but not brown. Add Wattie’s Just Add Sweet Apricot Simmer Sauce and chicken stock and chicken meatballs. Mix together, cover and simmer gently 15-20 minutes

Serve hot with plain boiled rice and seasonal steamed vegetables.

**TIPS**

To spice it up add some Wattie’s Sweet Chilli Sauce.