

Freeform Chicken Meatballs with Carrots and Yogurt Sauce

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Shaping meatballs is too fussy for a weeknight meal. Instead, simply scatter this garam masala-spiced mixture onto a sheet pan and roast it along with carrots until both are golden brown and crispy-edged. Serve with a tart yogurt sauce and a handful of greens for an easy dinner that deserves a permanent place in your weeknight rotation.

YIELD: 4 servings **ACTIVE TIME:** 30 minutes **TOTAL TIME:** 45 minutes

INGREDIENTS

- 1 1/2 lb. small carrots, scrubbed, tops trimmed to about 1/2", halved lengthwise
- 1/2 tsp. crushed red pepper flakes
- 5 Tbsp. extra-virgin olive oil, divided, plus more for drizzling
- 2 1/4 tsp. kosher salt, divided
- 1 lb. ground chicken or ground turkey
- 6 scallions, white and pale-green parts finely chopped
- 1 large egg, beaten to blend
- 2 Tbsp. plain breadcrumbs
- 3 tsp. finely grated lemon zest
- 2 tsp. garam masala
- 1 cup plain Greek-style yogurt, preferably full-fat
- 2 Tbsp. fresh lemon juice, plus more for serving
- 2 cups baby arugula or watercress
- Flaky sea salt

PREPARATION

Arrange racks in upper and lower thirds of oven; preheat to 425°F. Toss carrots, red pepper flakes, 2 Tbsp. oil, and 1/2 tsp. kosher salt on a rimmed baking sheet. Roast on lower rack, tossing once halfway through, until carrots are nicely browned and fork-tender, 20–25 minutes.

Meanwhile, mix ground chicken, scallions, egg, breadcrumbs, lemon zest, garam masala, 2 Tbsp. oil, and 1 1/2 tsp. kosher salt in a large bowl until just combined.

Rub another rimmed baking sheet with 1 Tbsp. oil. Using your hands, scatter chicken mixture in small mounds (about 2") on baking sheet. Roast on upper rack, turning pieces once halfway through with a spatula, until browned, crispy-edged, and cooked through, 15–20 minutes.

Meanwhile, whisk yogurt, 2 Tbsp. lemon juice, and remaining 1/4 tsp. kosher salt in a small bowl. Spoon sauce over a platter or divide among plates, swooshing with the back of a spoon.

Transfer carrots to baking sheet with meatballs and toss to combine. Arrange over yogurt sauce, then top with arugula. Drizzle with oil and lemon juice; season with sea salt.