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CONVECTION MEAL - CHICKEN MEATBALLS WITH MISO AND GINGER AND ROASTED GREEN BEANS WITH SPICY TOFU

CONVECTION

These two simple zesty recipes make a delicious quick cooking Convection meal and will give your taste buds a nice change from traditional meatballs and roasted vegetables.

Chicken Meatballs with Miso and Ginger

- 1 - lb ground chicken
- 3 - tablespoons white miso
- 2 - cloves garlic minced
- 1 - teaspoon fresh minced ginger
- 1 - teaspoon kosher salt
- $\frac{3}{4}$ - teaspoon black pepper
- 12 - Ritz crackers, finely ground
- $\frac{1}{4}$ - cup of milk

Preparation

Combine all the ingredients in a large bowl and combine gently with your hands. The mixture is very sticky, I wore disposable gloves to shape the 12 meatballs but the recipe author suggests lightly wetting your hands to prevent sticking. Meatballs can be cooked immediately or refrigerated for a few hours before cooking.

Line a small rimmed baking sheet with a sheet or parchment and arrange the meatballs on the tray, give them a light spritz of cooking oil before going into the oven.

Roasted Green Beans with Spicy Tofu

- 1 - 14oz package extra firm tofu, drained and sliced crosswise into 8 $\frac{1}{2}$ " slices
- 2 - tablespoons chopped fresh cilantro
- 2 - tablespoons, chopped scallions
- 2 - cloves garlic, minced
- 1 $\frac{1}{2}$ - teaspoons sesame oil
- 1 - teaspoon honey
- 3 - tablespoons soy sauce
- 1 $\frac{1}{2}$ - tablespoons black rice vinegar (or substitute with white rice vinegar)
- 3 - tablespoons chile-crisp condiment
- $\frac{3}{4}$ - lb green beans, trimmed



Preparation

Place the tofu slices in a casserole dish, whisk together all the ingredients except the green beans and pour over the tofu.

Wash and trim the green beans, pat dry, spread onto a rimmed baking sheet and drizzle with some canola or vegetable oil. Push the beans to one side and place the tofu slices on the baking sheet and pour the marinade over the tofu.

Arrange the oven racks to accommodate the pans and heat the oven in the Convection Roast or Convection Bake Mode 425 degrees. Cook the Chicken Meatballs for 20 minutes until firm and slightly browned on the edges. Cook the Green Beans for 15 - 20 minutes until the beans begin to blister.

Original recipes are from New York Times Cooking.

Serves 4

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