

# Grilled meatballs with soy sauce and cranberry glaze

Total time **90 mins** 15 mins preparation time 15 mins cooking time 60 mins marinating time

Nutritional facts (per portion):  
**1772 kJ / 424 kcal**

Fat: **14 g** Protein: **36 g**  
Carbohydrates: **38 g**

## INGREDIENTS

2 portion(s)

### Meat:

**300 g** minced chicken  
**1** egg  
**3 tbsp** [Kikkoman Naturally Brewed Soy Sauce](#)  
**2 tsp** za'atar spice  
**1 pinch** of ground chilli  
**1 pinch** of pepper  
**1.5 tbsp** bread crumbs

### Cranberry glaze:

**100 g** cranberries from the jar  
**2 tbsp** [Kikkoman Teriyaki BBQ-Sauce with Honey](#)  
**1 tsp** grated orange zest  
**1 tbsp** lemon juice  
**1 pinch** of dried oregano  
**1** chilli pepper (optional)

### In addition:

**1 tbsp** oil for greasing

## PREPARATION

### Step 1

**300 g** minced chicken - **1** egg - **3 tbsp** [Kikkoman Naturally Brewed Soy Sauce](#) - **2 tsp** za'atar spice - **1 pinch** of ground chilli - **1 pinch** of pepper - **1.5 tbsp** bread crumbs

Mix the mince with an egg, Kikkoman Soy Sauce and spices. Add the bread crumbs and mix again until the mixture can be easily moulded.

### Step 2

Moisten your hands and shape the mixture into neat meatballs about 3 cm in diameter. Skewer the meatballs in batches of 3 to 5 and refrigerate for 1 hour.

### Step 3

**100 g** cranberries from the jar - **2 tbsp** [Kikkoman Teriyaki BBQ-Sauce with Honey](#) - **1 tsp** grated orange zest - **1 tbsp** lemon juice - **1 pinch** of dried oregano - **1** chilli pepper (optional)

Mix the cranberries with Kikkoman Teriyaki BBQ-Sauce Honey, orange zest, lemon juice and oregano. If you fancy an extra kick, add finely chopped chilli to taste.

### Step 4

**1 tbsp** oil for greasing

Coat the meatballs with oil using a brush. Grill on a hot griddle or barbecue for about 5 minutes on each side. Then brush the meatballs with glaze on each side and grill again.