

Meal Prep Garlic Butter Chicken Meatballs with Cauliflower Rice

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Christina Cherrier

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by Christina Cherrier – Updated Jul 13, 2021 4 servings Prep: 10 Min Cook: 15 Min

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Meal Prep Garlic Butter Chicken Meatballs with Cauliflower Rice – Cheesy, juicy and so flavorful! These **meal prep chicken meatballs** use a combination of ground chicken, garlic, cheese, and spices. Keto friendly, low carb, paleo and gluten-free, the **chicken meatballs** are easy to put together with steamed cauliflower rice for the ultimate meal prep lunch. Enjoy!

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Ingredients list for the Meal Prep Garlic Butter Chicken Meatballs

- 1 lb (450g) **ground chicken** (or turkey)
- 1/2 cup **shredded cheese**
- 4 **cloves garlic**, grated + 2 cloves garlic, minced
- 1 teaspoon **Italian seasoning**
- 1/2 teaspoon **red crushed chili pepper flakes**, optional
- 1 crumbled **bouillon cube**, optional
- 1/2 cup **chicken stock**
- **Salt** and fresh cracked **black pepper**, to taste
- 1/2 cup fresh chopped **parsley** (or cilantro)
- 3 tablespoons **butter**, divided
- Juice of 1/2 **lemon**
- 1 tablespoon hot sauce of your choice (we used **Sriracha**)
- 1 medium **cauliflower head**, grated (or a packet of riced cauliflower)

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Directions

1. To make the chicken meatballs meal prep: Make cauliflower rice with a large grater or food processor. Transfer to a shallow plate with 1/2 cup water and cook covered in the microwave for 4 minutes.
2. In the meantime, in a large bowl, combine ground chicken, cheese, grated garlic, Italian seasoning, crumbled bouillon cube, red chili pepper flakes, chopped parsley (or cilantro), and black pepper. Mix well with your hands or fork and form medium balls. Arrange on a plate and set aside.
3. Melt 2 tablespoons butter in a large skillet over medium-low heat. **Cook the chicken meatballs** for 8 – 10 minutes on all sides, until browned and cooked through. While cooking, baste the meatballs with the mix of butter and juices. Remove to a clean plate and set aside.
4. In the same skillet melt remaining tablespoon butter; then add lemon juice, chicken stock, hot sauce, minced garlic, parsley and red pepper flakes (if you want). Cook for 3 or 4 minutes, stirring regularly until the sauce has reduced a bit. Adjust seasoning with salt and pepper and garnish with more cilantro or parsley if you like.
5. Divide cauliflower rice into meal prep containers. Then top with **chicken meatballs** and garnish with lemon slices. Drizzle a little of the sauce over the meatballs and cauliflower rice, or keep the sauce into small containers. Reheat your **chicken meatballs meal prep** quickly in the microwave when ready to eat. Enjoy!

Tips for the chicken meatballs meal prep recipe

These juicy pan-seared chicken meatballs served with cauliflower rice are the perfect **chicken meal prep recipe** for the week. Here are a few suggestions to personalize your meatballs meal prep:

- You can make the meal prep two ways to vary your veggies: one portion with cauliflower rice, and one portion with zucchini noodles.
- You can use ground turkey instead of ground chicken to make the meatballs.

Can we freeze the chicken meatballs?

You can freeze the chicken meatballs either cooked or uncooked.

- If you formed your **chicken meatballs** and want to freeze them uncooked, just pop them on a tray in the freezer for about an hour first then transfer to a Ziploc bag without having them sticking together. Uncooked meatballs will last for three to four months in the freezer.
- Allow the cooked chicken meatballs to cool completely. Then you can store them in the freezer using the same method for two to three months.

Let the meatballs thaw in the refrigerator overnight before cooking.

What other readers say about these chicken meatballs for meal prep

“Ah-mazing. Made mashed potatoes instead of cauliflower rice. Next time I will add some chopped caramelized onions to the potatoes. Lovely, wholesome meal!” – Candace

“This turned out really good...instead of cauli rice I sautéed my zucchini noodles in the sauce and served the meatballs on top with a little sprinkle of parm.” – Alyssa

“Awesome meatballs! Added a little soy sauce. Didn’t make the cauliflower rice. But DELICIOUS. Sent it as a packed lunch.” – Maira Theresa

“The meatballs turned out amazing, there were no leftovers! I made jasmine rice instead of cauliflower rice.” – Hannah

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