

# Allergy-friendly Chicken Meatball Yakitori (Tsukune)

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-chicken-meatball-yakitori-recipe>

## Ingredients:

- 1 pound ground chicken thighs see note
- 5 1/4 ounces medium tofu
- 1/4 cup aquafaba
- red miso 1.5 tbsp aka, see note
- 1/4 teaspoon ground allspice preferably fresh ground
- 1 2/3 tablespoons ginger
- 1 1/2 teaspoons sesame oil
- scallions thinly sliced, to garnish, optional
- shichimi togarashi to garnish, optional
- 1 cup tamari or shoyu/soy sauce
- 1/2 cup mirin
- 1/2 cup sake
- 2 tablespoons rice vinegar
- 1 tablespoon sugar
- 2 1/2 tablespoons ginger ~4 cm/1.5 inch, thinly sliced
- 4 3/4 tablespoons scallions about 5-6 stalks, green portion only
- 4 garlic cloves ~15 g

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 95 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 32 grams
7. SaturatedFat: 5 grams
8. Sodium: 4120 milligrams

9. Sugar: 5 grams

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