Chicken Parmesan Meatballs

1 1/4 pounds minced chicken

2 tablespoons onion, chopped

1/2 cup Parmesan

1/2 cup breadcrumbs

zest of 1/2 lemon

1 tablespoon parsley, chopped

1 minced  clove garlic

1 tsp fennel seeds

1 egg, whisked

salt & pepper to taste

1 cup spaghetti sauce

Preheat oven to 400 degrees with the rack near the top.

Throw in all the ingredients – except for the last 3 – into a bowl, and mix well.

Make large balls with your hands, and arrange them on a foil sheet.

Use a brush to rub spaghetti sauce over the meatballs.

Put in the oven and bake for 15 mins.