



## SWEET & SOUR MEATBALLS

Tender meatballs packed with garlic, ginger, fish sauce, mint and more

Aside from my Lebanese Kafta meatballs, which I'm putting in Cookbook 7, these are my favorite meatball appetizer. As an added benefit, they are really pretty simple to prep as well. These have tons of classic Asian flavor, with a thick sweet & sour glaze.

### Ingredients:

- 1 batch of my Asian ground meat mix, recipe on pg. 19, WITH THE FOLLOWING CHANGES:
  - Add 1-1/2 tsp plain breadcrumbs
  - Add 2 tsp panko breadcrumbs
  - Add 1 egg yolk
- (for garnish) thin sliced green onions
- (for garnish) 1/4 tsp sesame seeds

### SAUCE:

- 1/2 cup EACH: water, rice vinegar & 0 calorie sugar replacement o' choice
- 1-1/2 Tbsp cornstarch, whisked into the liquids
- 2 garlic cloves, finely chopped
- 1-1/2 tsp ginger, finely chopped
- 2 Tbsp tomato sauce (for color)

### Directions:

1. Mix a batch of the Asian ground meat, with the listed changes Let rest for 20 minutes.
2. Preheat oven to 400 degrees, line a pan with foil and spray with cooking spray. Scoop 1 Tablespoon sized rounds of meat into your palm and form into meatballs. If the mixture gets sticky, dab your fingers into a bowl of water. It'll get rid of the meat's stickiness.
3. Once the oven is up to temperature, bake the meatballs for 9 minutes at 400 degrees. Remove from oven, set aside for 5 minutes. They'll continue cooking from residual heat. After baking for 9 minutes, my meat had an internal temperature of 168. After resting, it rose up to 172. In case you're wondering, they're going to cook a little bit more in step 5.
4. Whisk all the sauce ingredients together in a bowl, till the cornstarch dissolves. Heat a large pan over medium-high heat for 1 minute, then pour in the sauce. Let it come to a boil and begin to thicken.
5. Once the sauce thickens to the consistency of maple syrup, add the meatballs and cook for 2-3 minutes, or until the sauce has coated them all in a thick glaze. Garnish with thin sliced green onions and 1/4 tsp of sesame seeds. Done.

### Serving Info.:

Yields: 31 meatballs  
 Servings: 31  
 Serving Size: 1 Meatball



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 You can have up to 15 meatballs for 0 points, on both Plans

- last checked 12/04/22 -  
 Use your mobile device's 'Camera' App to look at this code for nutritional info.