



## VIETNAMESE MEATBALLS

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

These meatballs are bursting with flavor. They are loaded with a mixture of ground turkey (instead of beef) and ground shrimp, with garlic, ginger, lime zest, chilis, herbs, brown 'sugar'... though I include a sauce with this recipe, I personally prefer them without it.

### Ingredients:

- 1 lb ground turkey breast
  - 1/2 lb uncooked shrimp. Peeled, deveined, tail removed
  - 4 garlic cloves, chopped
  - 1-1/2 tsp ginger, finely chopped
  - 1-1/2 tsp lime zest, minced
  - 2 tsp Asian fish sauce **PLUS** 1/4 tsp sesame oil
  - 1 Tbsp Asian chili sauce (I used Huy Fong chili garlic)
  - 2 Tbsp 0 calorie brown sugar replacement
  - 3 Tbsp **EACH**: chopped cilantro, mint, green onions
  - 1 egg yolk
  - 1-1/2 tsp plain breadcrumbs
  - 2 tsp panko breadcrumbs
  - 1/2 tsp salt
  - 1/4 tsp black pepper
- **SAUCE**: 1 Tbsp **each**: soy sauce, lime juice & Asian chili garlic sauce. 1 tsp **each**: fish sauce and 'dark' soy sauce. Finally, add 2 Tbsp brown sugar replacement.

### Serving Info.:

Yields: 43 meatballs

Servings: 43

Serving Size: 1 Meatball



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The ENTIRE BATCH is  
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.



### Directions:

1. Combine the 'meat mixture' ingredients in a food processor. Pulse until the mixture almost becomes completely smooth, but still retains some small chunks of shrimp (2nd picture).
2. Use a 1 Tbsp scoop to form into meatballs. Place onto a large foil-lined pan, sprayed with cooking spray. The mixture will be sticky, so dip your fingers into a bowl of water, while forming the meatballs. It helps remove the tackiness of the meat.
3. Preheat your oven to 400 degrees. Once heated, bake for 10 minutes. Remove from oven, let the meatballs rest for 5 minutes, then move on to step 4.
4. **(SAUCE)**: In a large pan, over high heat, pour in and mix the 'Sauce' ingredients, stir to combine. Once it reduces to the consistency of maple syrup, add the meatballs. Continue cooking till it thickens to a syrup, then add the meatballs. Cook for 1 more minute, coating them with a nice glaze. Garnish with fresh chopped cilantro, mint and 1 tsp sesame seeds.

**NOTE:** Don't like shrimp? Replace it with another 1/2 lb ground turkey. Simple.