

Asian Meatballs

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Asian flavors may not be what you think of when you think "meatball" but meatballs are actually very classic to many Asian cultures. They are popular in soups, sandwiches, and lettuce wraps. Sometimes they even have meatballs made from fish. Try these pork meatballs over white rice to make it a full entree. Serves 6.

Ingredients:

3/4 pound ground pork
3/4 pound ground lean turkey
1 egg
1/4 cup whole milk
1/4 cup bread crumbs
1/2 cup canned sliced water chestnuts, finely chopped
1/2 teaspoon salt
1/2 cup chopped cilantro
1/4 cup soy sauce
1 tablespoon toasted sesame oil
2 tablespoons lime juice
3 tablespoons water
2 teaspoons sugar

Directions:

1. Preheat oven to 500F.
2. In a large bowl combine the ground meats, egg, water chestnuts, cilantro, breadcrumbs, milk, 1 tablespoon soy sauce, and 2 teaspoons sesame oil. Mix well to combine thoroughly.
3. Using a 1/4 cup measuring cup scoop out the meat and loosely form it into balls. Place in a baking dish.
4. Bake the meatballs until cooked through, about 15 minutes.
5. Meanwhile in a medium bowl combine the lime juice, water, sugar, remaining soy sauce and sesame oil. Whisk together until sugar is dissolved.
6. Pour the sauce over the cooked meatballs and serve hot over rice.

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