

# Simple Asian Meatballs

These meatballs are a snap to mix together. I like to make a double batch and freeze half after they are rolled and still raw. They are great baked as an appetizer, on a salad for dinner, or straight off the sheet tray! The optional sauce adds incredible moisture and flavor and is also very easy to shake up in a jar. The sauce lasts for 2 weeks in the fridge so feel free to double this too! It would be great spooned over roasted veggies, poached chicken, or any other protein you want to make Asian flavored.

## Directions

Makes about 19 mini 1oz meatballs

Preheat oven to 400°F. Mix all the meatball ingredients together. Using your hands or an ice cream scoop divide up the meatballs into 1 oz balls. Roll between your hands to create a smooth round ball. Place on a lightly oiled sheet tray and bake for 15 minutes. Turn over each meatball half way through baking.

If making the optional sauce, shake all the ingredients together in a jar or whisk together in a bowl. Use for brushing on the meatballs during the last few minutes of baking or serve with the meatballs. Store in a jar or container for up to 2 weeks in your fridge. ■

## Ingredients

- 1 pound ground pork
- 1/3 cup sweet onion (red or white), minced
- 4 cloves garlic, minced
- 1 teaspoon ginger, grated
- 1 tablespoon sesame oil
- 1/4 cup chopped cilantro or parsley
- 1 teaspoon salt
- 1/2 teaspoon pepper

## Optional Asian Sauce

- 2 Tablespoons sesame oil
- 2 Tablespoons soy sauce, tamari or coconut aminos
- 1 tablespoon honey
- 1 tablespoon lime juice
- 1 tablespoon cilantro, chopped fine
- 1 tablespoon mint, chopped fine