

Saucy Asian Skillet Meatballs



Meatballs:

- 1 lb / 0.5 kg lean ground pork
- 1 tsp / 5 mL sesame oil
- ¼ cup / 50 mL fine dry breadcrumbs
- 1 tsp / 5 mL red pepper flakes
- ¼ tsp / 1 mL ground ginger
- 1 egg, slightly beaten
- 2 cloves garlic, minced
- 1 Tbsp / 15 mL orange zest, plus more for garnish
- ¼ cup / 50 mL thinly sliced green onion
- Diagonally sliced green onion for garnish
- Toasted sesame seeds for garnish (optional)
- Canola oil for frying

Sauce:

- ⅔ cup / 160 mL hoisin sauce
- ¼ cup / 50 mL unseasoned rice vinegar
- 2 cloves garlic, minced
- 2 Tbsp / 30 mL sodium-reduced soy sauce
- 1 tsp / 5 mL sesame oil
- 1 tsp / 5 mL ground ginger

Directions

1. In large bowl, gently combine ground pork with remaining ingredients; do not overmix.
2. Form mixture into 1 ½-inch balls. Set aside.
3. In large skillet, heat 1 Tbsp oil over medium-high heat. Cook meatballs in batches, turning often until browned on all sides and thoroughly cooked through, about 15

minutes. Reduce heat to medium if meatballs are browning too quickly, and add more oil between batches if needed.

4. Meanwhile, in large measuring cup, whisk sauce ingredients together until well-blended. Set aside.
5. Remove meatballs from skillet to a plate lined with paper towels. Dab meatballs with additional paper towels to remove excess oil.
6. Wipe out skillet with paper towels. Return meatballs to skillet. Pour sauce over meatballs and toss to coat.
7. Cook meatballs in sauce over medium heat until heated through and sauce begins to bubble.
8. Garnish with additional orange zest, sliced green onion and or sesame seeds.

Tip: Meatballs can be served over rice or as an appetizer.