

# Curry Meatballs

## Meatballs:

- ✓ 16 oz ground turkey
- ✓ 1 large egg
- ✓ ½ cup bread crumbs
- ✓ 1 tbsp ginger
- ✓ 2 tbsp soy sauce
- ✓ 1 tsp Worcestershire Sauce

## Curry Sauce:

- ✓ 2 red bell peppers, sliced
- ✓ 1 ¼ tsp ginger
- ✓ 2-3 tsp red curry paste
- ✓ 1 can coconut milk
- ✓ 2 tbsp soy sauce
- ✓ 1 tbsp fish sauce
- ✓ 1 medium onion, chopped
- ✓ 2 tbsp sesame oil
- ✓ 1 tbsp corn starch



Total Time: 45 minutes Servings: 4

## Directions:

1. Add all meatball ingredients together in a medium mixing bowl. Mix together until combined, add extra bread crumbs as needed.
2. Form meat into ping pong ball sized meatballs. There should be about 16. Place meatballs on a lined and sprayed sheet pan. Cook for 25 minutes at 350° F.
3. While meatballs are cooking, add sesame oil, peppers, and onions to a medium sized pan. Cook for 5-8 minutes until tender. Add corn starch and mix until combined.
4. Add coconut milk, soy sauce, and fish sauce. Cook until thickened, about 5 minutes. Add meatballs.
5. Serve with rice.