

YIELD: 24

Pork Meatballs

Pork meatballs with brown sugar, soy and scallions. So tender and flavorful!

PREP TIME	COOK TIME	TOTAL TIME
20 minutes	15 minutes	35 minutes

Ingredients

- 1 pound ground pork
- 3 minced garlic cloves
- 1 1/2 teaspoons brown sugar
- 1 1/2 teaspoons soy sauce
- 1 1/2 teaspoons rice wine vinegar
- 1/2 teaspoon ground black pepper
- 2 scallions, minced
- 1 tablespoon cornstarch
- 2 tablespoons oil, for cooking
- 1 cup chicken broth
- For serving: hot rice and steamed broccoli

Instructions

1. In a large bowl, combine the ground pork, minced garlic, brown sugar, soy, rice wine vinegar, peppers, sliced scallions and cornstarch. Mix just to combine.
2. Use a small cookie scoop to make bite-size meatballs, placing them on a plate while you work.
3. Heat the oil in a large non-stick skillet. Add the meatballs in a single layer, lowering the heat to medium to prevent burning.
4. Let the meatballs cook until golden brown on one side. Flip, and cook the other side. This should take about 5-7 minutes per side.
5. Once the meatballs are brown on both sides, add the broth to the pan and slightly lower the heat.
6. Cook until the meatballs are no longer pink in the middle. It's okay if most of the broth evaporates. Serve the meatballs over the rice with the vegetable on the side, or serve plate with toothpicks.



Notes

Ground Pork: One pound of raw ground pork. You can find this in the sausage section of the market, but be sure that you're buying plain ground pork, not sausage which has seasonings and flavors already mixed in!

Rice Wine Vinegar: You can use rice wine vinegar, cooking wine (Shaoxing) or mirin here. Anything slightly acidic but delicate in flavor. Do not use plain white vinegar, red wine vinegar or balsamic--they're too strong!

Cooking Oil: This can be any neutral oil, like canola oil, grapeseed oil, vegetable oil, olive oil, anything you like to sear with.

Chicken Broth. Any type of broth you have works here.

For serving: You can serve these over rice with a steamed vegetable on the side, or with toothpicks as an appetizer.



Nutrition Information: **YIELD:** 6 **SERVING SIZE:** 1

Amount Per Serving: CALORIES: 321 TOTAL FAT: 21g SATURATED FAT: 6g
TRANS FAT: 0g UNSATURATED FAT: 13g CHOLESTEROL: 72mg SODIUM: 289mg
CARBOHYDRATES: 12g FIBER: 1g SUGAR: 1g PROTEIN: 21g



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