

Baked Teriyaki Meatballs

#recipe #food/cooking# #food/dinner# #people/The Modern Proper#
#have made# #Dylan Approved# #2019/March#

Baked Teriyaki Meatballs with Roasted Broccoli | The Modern Proper

Ingredients

2 lbs ground pork
4 eggs
1 tbsp fresh ginger, grated
6 garlic cloves, minced
1 cup panko bread crumbs
3 scallions light and dark parts, thinly sliced
1 tsp salt

Teriyaki Sauce

[Baked Teriyaki Chicken](#)

Process

Heat oven to 400° F. In a stand mixer or using your hands, mix all ingredients for the meatballs until fully incorporated. Using a cookie scoop or heaping tablespoon, measure out roughly 35 meatballs. Dipping your hand into a bowl of water before rolling them will make the meatball surface smooth. Transfer the meatballs 2 lightly oiled parchment-lined rimmed baking sheets.

Bake in the oven for 20-25 minutes, rotating the pans half way through.

Once the sauce has cooled and thickened a bit, pour it over the meatballs and roasted broccoli. Sprinkle with chopped cilantro and serve.

Teriyaki sauce can be made 1 day ahead. Cover and chill. Meatballs can be formed 1 days ahead. Cover with plastic wrap on a rimmed baking sheet and chill.

Nutrition

Servings: 8 (4 meatballs per serving, with sauce)

Calories: 393cal

Fat: 7g

Carbs: 42.9g

Protein: 37.1g