

Sticky Ginger Sesame Chicken Meatballs

#cooking/recipe

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Ingredients

1 pound ground turkey or chicken
2 green onions, finely chopped, plus more for serving
1 inch fresh ginger, grated
1 clove garlic, minced or grated
black pepper
1 head broccoli, cut into florets or 1 winter squash, seeded and sliced into 1/4 inch wedges
2 tablespoons sesame oil, or extra virgin olive oil
1/3 cup low sodium soy sauce
1/3 cup pomegranate juice (equal amounts of apple cider or orange juice are great substitutes)
3 tablespoons hoisin sauce (make sure to use GF, if needed)
3 tablespoons honey
2 tablespoons rice vinegar or apple cider vinegar
1 teaspoon crushed red pepper flakes, using more or less to taste
steamed rice, sesame seeds, and pomegranate arils, for serving

Process

Preheat the oven to 450 degrees F. Line a baking sheet with parchment.

Add the chicken, green onions, ginger, garlic, and a pinch of pepper to a bowl. Mix until just combined. Coat your hands with a bit of oil, and roll the meat into tablespoon-size balls (will make 15-20 meatballs) placing them on one side of the prepared baking sheet. The mix will be wet, but it will firm up in the oven. Add the broccoli or winter squash (see notes) to the other side of the baking sheet and toss with 1 tablespoon oil, salt, and pepper. Transfer to the oven and bake for 15 minutes or until the meatballs are crisp and cooked through.

Meanwhile, combine the 1 tablespoon oil, the soy sauce, pomegranate juice, hoisin sauce, honey, vinegar, and crushed red pepper flakes in a medium saucepan. Set over medium-

high heat and bring the sauce to a boil. Boil 5-8 minutes, until the sauce thickens and reduces by about 1/3. Remove from the heat.

Pour about half the sauce over the meatballs, tossing to combine. Return to the oven for 2-3 minutes, until the sauce coats the meatballs.

Serve the meatballs and sauce over bowls of rice topped with additional green onions, pomegranate arils, and sesame seeds. Serve the broccoli on the side.

RECIPE NOTES

Homemade Hoisin: in a small bowl, combine 1/4 cup low sodium soy sauce, 2 tablespoons creamy peanut butter, 2 tablespoons honey, 2 tablespoons balsamic vinegar, 1 tablespoon molasses, 1 teaspoon Chinese 5 spice powder, and a pinch of black pepper.

To Freeze the Meatballs: Bake as directed, then freeze on a parchment lined baking sheet in a single layer for 2 hours. Transfer to a freezer-safe container and freeze for up to 3 months. Thaw overnight in the fridge or simmer in the sauce over low heat for 20 minutes, until thawed, adding water if needed to thin the sauce.

To Freeze the Meatballs in the Sauce: Spoon the meatballs and sauce into a freezer-safe container. Freeze for up to 3 months. To serve, thaw overnight in the fridge, then warm on the stove until heated through, about 15 minutes, adding water if needed to thin the sauce.

If Using Winter Squash: the squash might need 15 minutes additional cooking time. I recommend roasting the squash for 15 minutes before adding the meatballs, then add the meatballs to the sheet once the squash is tender.

Nutrition

Servings:

Calories:

Fat:

Carbs:

Protein: