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Teriyaki style meatballs

We have it on good authority that kids love meatballs! It is also a fact that parents (we're looking at you, dads!) love to sing the 'meatball song' by Tom Glazer.... you know the one!

But have you ever tried asian style meatballs and rice?

These are so good! One bowl, one oven tray and 15 minutes is all you need. Pair with steamed broccoli and fluffy rice and dinner is sorted!

INGREDIENTS

500gm fresh pork mince
1/2 cup lupin flakes
1 tbl spoon honey
2 tbl spoon tamari sauce
2 tea spoon sesame seeds
1 tea spoon chopped coriander (optional)



METHOD

Pre-heat oven to 165degC.

Combine all ingredients. Roll into tablespoon sized balls and place onto an oiled oven tray.

Bake for 15 minutes until done. Serve with fluffy rice and steamed greens.

OPTIONAL GLAZE

Combine 1/2 cup Tamari sauce, 3 tablespoons of white vinegar, 1 tablespoon of honey and 1 teaspoon of sesame oil. Heat gently in a sauce pan and add 1 teaspoon of arrowroot mixed with water and stir on the heat until thickened. Add hot meatballs and toss to combine. Serve immediately.



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