



WOK THIS WAY MEATBALLS

INGREDIENTS

Ingredients:

1 egg, beaten
¼ cup fine breadcrumbs
¼ cup minced onion
⅓ cup milk
8 oz ground beef
8 oz bulk pork sausage
½ TBSP Wok This Way Seasoning

3 TBSP Vegetable Oil for cooking
1 TBSP Sesame Seeds, optional

For the sauce:

½ Cup Honey
1 TBSP Worcestershire Sauce
½ TBSP Wok This Way
⅓ Cup Water

SERVINGS: 4

INSTRUCTIONS

1. In a small bowl, mix together sauce ingredients. Set aside.
2. In a larger bowl, mix together 7 ingredients for meatballs, ensuring it is thoroughly mixed.
3. Shape into 1 inch balls if serving as appetizer or 2 inch balls if serving as dinner.
4. Brown meatballs in 2-3 batches in a skillet over medium heat with 1 TBSP of each batch.
5. Add all browned meatballs to the skillet and add sauce ingredients. Bring to a high simmer for about 5 minutes.
6. Reduce heat, cover and simmer for about 10 minutes, shaking pan occasionally. Sauce should be thick but not gummy.
7. Check a meatball for doneness and shut off heat. Serve over a bowl of white rice or with toothpicks for an appetizer.

