



# Sweet & Sticky Meatballs



prep time  
10 minutes



total time  
35 minutes



servings  
10-12  
meatballs

## Ingredients

### For the meatballs:

- 1 pound/450 grams ground pork  
~ 9 protein servings, 8 fat servings
- 3 cloves fresh garlic, minced
- 2 teaspoon fresh ginger, minced
- 1 tablespoon diced shallot
- 1 teaspoon crushed red pepper flakes
- 1/4 teaspoon salt
- 1 tablespoon cilantro, chopped

### For the sauce:

- 3/4 cup coconut aminos
- 1 teaspoon toasted sesame oil  
~ 1/3 fat serving
- 1 teaspoon rice wine vinegar
- 1 teaspoon crushed red pepper flakes
- 1/4 teaspoon fish sauce
- juice of 1/2 of a lime
- 1 tsp arrowroot starch

## Instructions

- 1** Add the meatball ingredients to a small mixing bowl and use your hands to mix until well combined. Next, use a cookie dough scoop or tablespoon to scoop out the pork mixture and form meatballs.
- 2** When the meatballs are formed, heat a skillet over medium heat and then add a tablespoon of avocado or coconut oil. Pan-fry the meatballs on each side for roughly 3-4 minutes until browned and cooked through.
- 3** While the meatballs are cooking, make the sweet and sticky sauce. Add all of the sauce ingredients to a small saucepan. Bring the sauce to a boil and then reduce the heat to low and allow the sauce to simmer until it thickens and coats the back of a spoon. The sauce will thicken even more as it cools. If you find the sauce still isn't thickening, try to add a teaspoon of arrowroot starch and mix in.
- 4** Add the meatballs to the sauce and stir until they are well coated. Transfer the meatballs to a serving dish and garnish them with green onions and sesame seeds.



Whole Recipe Breakdown:  
9 Servings Protein  
0 Servings Carb  
8 1/2 Servings Fat  
0 Servings Veggies