

# Teriyaki Meatball Bowls



## Teriyaki Meatball Bowls

### Ingredients

#### MEATBALLS

- 1 lb. ground pork
- 1 large egg
- $\frac{1}{2}$  cup plain breadcrumbs
- 1 clove garlic, minced
- 2 inches fresh ginger
- $\frac{1}{2}$  teaspoon soy sauce
- 2 whole green onions
- 10-15 cranks freshly cracked black pepper

#### TERIYAKI GLAZE

- $\frac{1}{2}$  cup soy sauce
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{2}$  cup water
- $\frac{1}{2}$  tablespoon toasted sesame oil
- 1 tablespoon rice vinegar
- 2 inches fresh ginger
- 2 tablespoons cornstarch
- 1 tablespoon sesame seeds

#### RICE BOWLS

- 2  $\frac{1}{2}$  cups dry jasmine rice
- 3  $\frac{3}{4}$  cups water
- 2 whole green onions

### Method

1. Preheat the oven to 400 degrees. Place the ground pork in a large bowl. Peel the ginger and then grate it using a small holed cheese grater into the bowl. Mince the garlic, slice the green onions, and add them to the bowl. Also add the egg, breadcrumbs, soy sauce, and black pepper. Mix these ingredients really well until it is all evenly combined (clean hands work best).

2. Cover a baking sheet with foil. Roll the meatball mixture into small balls, about one tablespoon each. You should yield about 30 meatballs. Place the meatballs on the baking sheet as you roll them. Bake in the preheated oven until golden brown (about 35-40 minutes).

3. While the meatballs are in the oven, begin cooking the rice according to the package directions: Place the rice and water in a medium pot, cover, and bring to a rapid boil over high heat. As soon as it reaches a full boil, turn the heat down to the lowest setting. Allow to simmer on low for 20 minutes, then turn the heat off and let the rice rest, undisturbed, until the rest of the meal is complete. The rice will continue to steam even after the heat is turned off, so don't remove the lid. While the meatballs are in the oven, also prepare the teriyaki glaze. In a medium pot combine the soy sauce, water, brown sugar, rice vinegar, and sesame oil. Peel and grate the ginger into the pot. Heat over a low flame until the brown sugar is dissolved (just a few minutes).

4. Dissolve the cornstarch in just enough water to make it pourable. Pour it into the pot with the glaze ingredients. Turn the heat up to medium high, stir and cook until thickened. It should thicken as soon as it begins to simmer. Once thickened, add the sesame seeds.

5. When the meatballs come out of the oven, transfer them from the baking sheet into the pot with the glaze. Stir to coat. Fluff the rice with a fork. Build the bowls by placing one cup of rice in a bowl, add five meatballs and a couple of spoons of extra teriyaki glaze, then sprinkle a few sliced green onions over top.

Notes

15 WW Points

Prep

- Prep: 20 Minutes
- Cook: 40 Minutes
- Total Time: 1 Hour

Source: BudgetByte (6 servings)

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## Barns of Berks

I saw this neat barn on Sharadin road during my bike ride this morning.

