



Christy Boston's
Kitchen

Website:

www.christybostonskitchen.com

Serves: 4

Total Time: 1 hr 10 mins

Prep: 15 mins

Cook: 55 mins

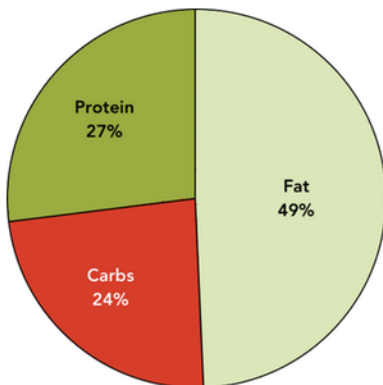
Nutritional info per serving:

Cal: 970, Fat: 52.3g,

Protein: 64.5g, Net Carbs: 56.2g,

Sugar: 39.2g

Macros:



Asian Orange Meatballs with a Sweet and Sour Teriyaki Glaze

Ingredients::

- 1 lb. ground beef
- 1 lb. ground pork
- 1 egg
- 1/2 cup evaporated milk
- 1/4 cup coconut flour
- 2 medium yellow onions, finely chopped
- 1/2 cup chopped fresh parsley
- 1 1/2 tablespoon orange zest
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 1/4 cup teriyaki marinade
- 3/4 cup sweet and sour sauce
- fresh chives, for garnish

Directions:

1. Using your hands, mix together the beef, pork, egg, milk, flour, onions, parsley, zest, salt and pepper until combined.
2. For the glaze, combine the sweet and sour sauce and teriyaki marinade together in a bowl and mix well. Set aside.
3. Form meat mixture into balls, about 2 inches in diameter, and place them on a sheet pan so that they are not touching. You should have about 24 meatballs. Freeze for a minimum of 4 hours. Once frozen, remove the meatballs from the sheet pan and place them in a large zip-lock bag. Pour the sweet and sour teriyaki glaze into small ziplock bags and place them inside the bag with the meatballs, then return everything to the freezer until ready to use.
4. When ready to prepare the meatballs, preheat the oven to 400F. Place frozen meatballs in individual casserole dishes (or a large casserole dish if you do not have smaller ones) so that they are just touching but not overlapping. Place the casserole dishes containing the meatballs on a sheet pan. Drizzle the sweet and sour teriyaki sauce mixture evenly over the meatballs. Bake on a rack in the center of the oven for 55 minutes.
5. To serve, you can keep the meatballs right in their casserole dishes, but if you do this, make sure to place them on heatproof plates and be sure to tell your dinner guests that they are very hot! Lightly toss the meatballs in the sauce to coat them evenly before serving. If you transfer the meatballs onto plates, don't forget to spoon as much as the sauce as you can get out of the baking dishes onto the meatballs, then garnish them with fresh chives.