

Sticky & Sweet Asian Meatballs

Adapted from [Sunny Side Up](#)

Ingredients:

Yield: 24 to 28 meatballs

- 1/2 cup water
- 1/2 cup soy sauce
- 2 tablespoon rice vinegar
- 1 teaspoon toasted sesame oil
- 1 tablespoon sweet chili sauce
- 3 tablespoon brown sugar
- 1 teaspoon freshly grated ginger
- 1 1/4 pounds ground turkey
- 1/4 cup & 1 tablespoon finely diced green onions, including whites
- 1/3 cup panko bread crumbs
- 1 large egg, lightly whisked
- 1/4 cup mushrooms, finely diced
- 1 tablespoon freshly grated ginger
- 2 teaspoon sweet chili sauce
- sesame seeds, garnish
- Cooking spray

Cooking Directions

1. In a small saucepan, whisk together the first group of ingredients (starting at water and ending at grated ginger) over medium-high heat. Bring to a slow boil and then reduce to a simmer until sauce has reduced by half and slightly thickened.
2. Preheat the oven to 350 degrees, and spray a large jelly roll pan (11x13) with cooking spray or Misto.
3. While the sauce is thickening, combine the second group of ingredients (make sure to reserve 1 tablespoon of green onions) in a medium bowl. Lightly form and shape into 2-inch meatballs using your fingers or a small to medium sized ice cream scooper.
4. Place the prepared meatballs on the jelly roll pan and bake for 15 minutes, and remove coat the meatballs in the sauce using a brush. Bake for an additional 7 to 8 minutes, making sure that the meatball is fully cooked, and no longer pink.
5. Serve immediately over steamed white rice with desired vegetables and garnish with sesame seeds and sliced green onions on top.

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