



# PROJECT: GET IT DONE TOGETHER

## Baked Teriyaki Meatballs with Roasted Broccoli

*Adult Supervision Required | Dairy Free*

### Ingredients:

- 2 lbs Ground pork
- 4 Eggs
- 1 tbsp Fresh ginger, grated
- 4 Garlic cloves, minced
- 1 cup Panko bread crumbs
- 3 Scallions light and dark parts, thinly sliced
- 2 tsp Salt, divided
- 1 lb Broccoli, cut into florets
- 2 tbsp Olive oil
- Cilantro, chopped, optional

### Teriyaki Sauce

- $\frac{3}{4}$  cup Soy sauce
- $\frac{1}{3}$  cup Honey
- 2 Garlic cloves, minced
- 1 tbsp Fresh ginger, minced
- 1 tbsp Chili paste
- $\frac{1}{4}$  cup Fresh lime juice

### Instructions:

1. Heat oven to 400° F. In a stand mixer or using your hands, mixture ground pork, eggs, ginger, garlic, panko, scallions and 1 tsp salt until fully incorporated. Using a cookie scoop or heaping tablespoon, measure out roughly 35 meatballs. \* Dipping your hand into a bowl of water before rolling them will make the meatball surface smooth. Transfer the meatballs to an oiled, rimmed baking sheet.
2. Place the broccoli on another rimmed baking sheet, drizzle the olive oil over the broccoli and toss with remaining teaspoon of salt.
3. Bake in the oven for 20-25 minutes, rotating the broccoli and meatball pans half way through.
4. Bring the soy sauce, honey, garlic, ginger, chili paste and lime juice to a boil in a small saucepan. Reduce heat to medium-low and simmer, stirring frequently, until slightly thickened and foamy on top, about 10 minutes. Let cool.
5. Once the sauce has cooled a bit, pour it over the meatballs and roasted broccoli. Sprinkle with chopped cilantro and serve.

*This recipe makes 35 (golf ball) sized meatballs. Teriyaki sauce can be made 1 day ahead. Cover and chill. Meatballs can be formed 1 days ahead. Cover with plastic wrap on a rimmed baking sheet and chill.*

*Makes 8 servings*

**Total time:** 45 minutes

Source: [themodernproper.com/baked-teriyaki-meatballs-with-roasted-broccoli](http://themodernproper.com/baked-teriyaki-meatballs-with-roasted-broccoli)