

Teriyaki Meatballs and Cilantro Rice

Serves Four



Ingredients For the Meatballs

2 teaspoons sesame oil
¼ cup cilantro, finely chopped
½ cup scallions, finely chopped
½ teaspoon fresh ginger, minced or pressed
2 tablespoons Hoisin sauce
2 cloves garlic, minced
1 pound ground chicken
½ teaspoon Kosher salt
2 tablespoons low-sodium soy sauce
½ teaspoon sriracha
½ teaspoon freshly ground black pepper
½ cup panko (or bread crumbs)
1 egg

Steps for the Meatballs

1. Preheat oven to 350°F. Prepare a baking sheet pan with foil and spray or brush with olive oil.
2. In a large bowl combine all the ingredients. Using your hands, mix together ensuring everything is incorporated but do not over mix.
3. With a cookie scoop or two spoons portion out equal balls about 2-inches in diameter. Place meatballs onto the prepared baking sheet pan. Bake for 15 - 20 minutes or until the internal temperature of the meatballs reaches 165°F. Add meatballs to a large bowl and coat them with the teriyaki sauce. Serve on top of rice.

Ingredients For the Teriyaki Sauce

1 cup water
¼ cup soy sauce
¼ cup brown sugar
2 tablespoons honey
1 teaspoon freshly grated ginger
2 tablespoons fresh lime juice or rice vinegar
1 teaspoon sesame oil
2 cloves garlic, minced
2 pinches red chili pepper flakes or sriracha
2 tablespoons cornstarch dissolved in ¼ cup cold water

1. Combine water, soy sauce, brown sugar, honey, ginger, lime juice, garlic and red pepper flakes in a small saucepan over medium-high heat. Stir while cooking until heated through.
2. Mix the cornstarch with cold water in a cup until dissolved and slowly pour into the sugar/water mixture making sure to stir constantly. Raise the heat to high and continue to cook until the sauce has thickened - about 5 - 7 minutes. Let sauce cool then puree in a blender. Set aside.

Ingredients for the Rice

2 tablespoons olive or canola oil
¼ cup onion, finely chopped
1 clove garlic, minced
1 ½ cups long-grain rice
Zest from one lime
1 tablespoon fresh lime juice
1 ¼ teaspoon Kosher salt
2 ½ cups water
⅓ cup fresh cilantro, finely chopped

To Make the rice. In a medium-sized pot over medium-high heat begin sauteing the chopped onions and garlic with oil until translucent (less than 2 minutes). Add the rice and stir to coat rice with oil. Add zest, lime juice, salt and water. Stir and allow mixture to come to a boil. Once it's boiling, kick back heat to simmer and put the lid on the pot. Continue cooking until all the liquid is absorbed in the rice (about 15 - 20 minutes). Fluff with a fork and fold in the cilantro. Serve warm.