

Asian Chicken Meatballs

Sauce

2/3 cup ketchup
¼ cup Worcestershire sauce
2 tbs. rice vinegar
2 tbs. agave (or honey)
1 tbs. soy sauce
2 tbs. fresh ginger, peeled and grated
½ tsp. freshly ground black pepper

Broccoli

12 oz. broccoli florets
2 tbs. toasted sesame oil
½ tsp. soy sauce
¼ tsp. freshly ground black pepper

Meatballs

2 large eggs
4 green onions, chopped (plus more for garnish)
2 garlic cloves, minced or pressed
1 tbs. fresh ginger, peeled and grated
½ cup panko breadcrumbs
1 tsp. toasted sesame oil
2 lb. ground chicken
Sesame seeds, for garnish

Make the Sauce

Mix all ingredients in a medium bowl, whisking to combine. Pour half of the sauce in a separate bowl, reserve the rest for later.

Assemble Meatballs & Broccoli

Preheat oven to 400. Line a large baking sheet with foil.

Toss broccoli florets in 2 tbs. sesame oil, soy sauce, and pepper. Push to the edges of the baking sheet.

In a large bowl, whisk together the eggs, green onion, garlic, ginger, panko, and sesame oil. Add in the chicken and combine with your hands. Form meatballs into golf ball-sized balls and place on the foil-lined baking sheet. Brush with half of the sauce.

Bake at 400 for 20 minutes. Brush the meatballs with the remaining sauce and bake another 5 minutes, until broccoli is browned in some spots and meatballs are cooked through.

Garnish with sesame seeds and more green onion, if desired.

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