

MEATBALLS WITH PEACH-BARBECUE SAUCE

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COOK TIME: 30mins

SERVES: 4

CALORIES: 563 kcal (PER SERVING)

INGREDIENTS

3 ripe peaches, cut into 1/2 inch/2,5 cm thick slices
4 garlic cloves, minced
4 scallions, sliced
3 tbsp olive oil
1 tbsp unsalted butter
rice, for serving

*MEATBALLS

450 g/1 lbs ground pork
1/2 tsp each: dried ginger, dried garlic, dried onion, cumin powder, salt, black pepper
1 egg yolk
2 tbsp breadcrumbs

*BBQ SAUCE

1/2 cup chicken broth
3 tbsp soy sauce
2 tbsp balsamic vinegar
3 tbsp honey
1 tsp sriracha, optional
3 tbsp ketchup
1 tsp cornstarch
1 tsp each: red pepper flakes, smoked paprika, black pepper

DIRECTIONS

Combine the ingredients for the bbq sauce in a small bowl.

Cook rice according to package directions.

Combine all the ingredients for the meatballs in a large bowl. Mix until just combined, using your hands. Coat your hands with water and roll the meat into 2 tablespoon-size balls. Will make about 20 meatballs.

In a large non-stick skillet, heat oil and butter over medium heat. Add meatballs and brown on all sides, about 10 minutes, turning them 2-3 times. Remove from skillet, leaving as much grease in the skillet as possible.

Lower the heat, add garlic and cook until soft and fragrant, about 2 minutes. Deglaze the skillet with a splash of the bbq sauce. Stir with a wooden spoon to dissolve the browned bits from the bottom of the skillet. Add peaches, cook until they start to brown, about 3 minutes. Pour in bbq-sauce and add scallions, bring to a boil. Slide meatballs back to the skillet and simmer for 5 minutes or until the meatballs are heated through. Adjust salt, if needed.

Serve immediately with rice and a crisp lettuce salad, enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.