

## Asian Meatballs

Makes 16 meatballs

1 lb ground/minced beef  
2 Tbl coriander, chopped  
2 Tbl onions, chopped  
2 Tbl red pepper, chopped  
2 Tbl water chestnuts, chopped  
1 egg  
2 tsp soy sauce or gluten free Tamari  
Pinch of Salt & Pepper



### For the sauce

2 Tbl ginger, chopped  
1 Tbl soy sauce or gluten free Tamari  
¼ cup lime juice  
2 Tbl fish sauce (most are naturally gluten free so just check the label)  
2 tsp sesame/nut oil  
1 Tsp Hot Sauce (Franks or Tabasco)  
1 or 2 Tbl sweetener (depending on your taste)

Combine the beef, coriander, onions, red pepper, water chestnuts, egg, salt and pepper and 2 tsp soy sauce in a medium bowl.

Use your hands to mix, making sure the meat and vegetables are fully combined, but don't overwork it or your meatballs will be tough. Form into 16 meatballs about one inch in diameter.

Fry the meatballs in a non-stick pan until browned and transfer to oven 180c/350f for 10 mins or until cooked through.

While the meatballs are cooking, combine the sauce ingredients in a small saucepan and bring to a boil. Reduce the heat and simmer for about 5 minutes until the sauce has thickened slightly. Add the fully cooked meatballs to the sauce and toss to coat. Cook in the sauce for about two minutes. Remove and serve garnished with chopped coriander, onions and pepper if desired.

***Approximate nutrition information per meatball: 77 calories, 5g fat, 1g net carbs, 6g protein***