

Asian Meatballs with Cauliflower Rice

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat your oven to 350°F (177°C) and line a baking sheet with parchment.
2. In a mixing bowl, combine the ground pork, sesame oil, coconut aminos, minced garlic, ginger, 1/2 the green onion, salt and pepper. Mix well and roll mixture into 1.5-inch balls.
3. Place the meatballs on the baking sheet and place in oven for 30 minutes. While the meatballs are cooking, grate your cauliflower to make cauliflower rice.
4. To serve, divide the cauliflower rice between bowls and season with a little extra coconut aminos. Top the cauliflower with meatballs, sprinkle with sesame seeds, and remaining green onion. Enjoy!

Notes

Coconut Aminos

A soy sauce alternative you can find at many grocery stores, usually in the health food aisle. It can be replaced with tamari or regular soy sauce.

More Carbs

Serve with rice or noodles.

Serving Size

There are about 3 meatballs per serving.

Leftovers

Keeps well in the fridge for up to 3 days.

Ingredients

- 1 lb Lean Ground Pork
- 1 **tb**sp Sesame Oil
- 1 **tb**sp Coconut Aminos
- 2 Garlic (cloves, minced)
- 1 **tb**sp Ginger (peeled and grated)
- 3 **stalks** Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 **head** Cauliflower (medium)
- 1/4 **cup** Sesame Seeds

Nutrition

Amount per serving

| | | | |
|-----------------|-------|-------------|-------|
| Calories | 375 | Vitamin D | 19IU |
| Fat | 26g | Vitamin E | 1mg |
| Carbs | 12g | Thiamine | 0.5mg |
| Fiber | 4g | Riboflavin | 0.5mg |
| Sugar | 4g | Niacin | 8mg |
| Protein | 25g | Vitamin B6 | 1.0mg |
| Cholesterol | 77mg | Folate | 98µg |
| Sodium | 192mg | Vitamin B12 | 0.8µg |
| Potassium | 784mg | Phosphorous | 310mg |
| Vitamin A | 361IU | Magnesium | 75mg |
| Vitamin C | 73mg | Zinc | 3mg |
| Calcium | 144mg | Selenium | 38µg |

Courtney Cox

<http://www.AwakenYourHealth.Org>



Iron

3mg