

## Montgomery County High School

### Asian Meatballs with Oven "Fried" Rice

Serves: 8

#### Ingredients

##### Spice Mix:

1½ tsp paprika  
1 tsp granulated garlic  
1 tsp granulated onion  
1½ tsp ginger powder  
1 tsp black pepper  
1½ tsp Italian seasoning

##### Rice:

2 cups rice  
2 cups low-sodium chicken broth  
2 cups water  
4 Tbsp lemon juice, fresh  
1 Tbsp garlic, minced  
1 cup carrots, diced  
2 Tbsp corn oil  
1 cup cabbage, chopped  
¼ cup corn oil  
1 cup green bell pepper, diced  
1 cup red bell pepper, diced  
½ cup white onion, diced  
1½ cup zucchini, cubed  
15.25 oz canned corn, drained  
1½ tsp spice mix (above)

##### Hoisin sauce:

1 cup balsamic vinegar  
6 Tbsp sorgum  
4 tsp corn oil  
2 Tbsp rice wine vinegar  
4 Tbsp Wowbutter (peanut free spread)  
4 tsp garlic, fresh finely minced  
2½ tsp sriracha hot sauce  
½ tsp black pepper  
2 Tbsp water  
2 Tbsp corn starch

##### Meatballs:

1 lb. ground beef  
1 lb. ground turkey  
1 cup cilantro, chopped

2 tsp	garlic, minced
2 tsp	ginger, minced
½ tsp	red pepper flakes
2 Tbsp	low-sodium soy sauce
2 Tbsp	corn oil
2	eggs

### **Instructions:**

#### **Spice Mix:**

1. In a small bowl, combine ingredients.
2. Mix well, and set aside.

#### **Rice:**

1. Pre-heat oven to 350 degrees.
2. Place rice in baking pan. Add boiling water, chicken broth, minced garlic, lemon juice, and 1½ tsp spice mix, stirring until well blended. Cover with plastic wrap and foil. Place in oven and bake for 40 minutes.
3. Place carrots, cabbage, red bell pepper, onion, and zucchini in bowl. Drizzle with ¼ cup oil. Sprinkle with remaining spice mix. Toss, mixing well to coat vegetables. Spread vegetables onto a baking sheet.
4. Place baking sheet in oven and roast veggies for 10-15 minutes or until tender.
5. Once rice is finished, mix veggies into cooked rice. Keep at or above 145 degrees until needed.

#### **Hoisin sauce:**

1. In a small sauce pan over medium heat, whisk together balsamic vinegar, sorghum, rice vinegar, Wowbutter, garlic, sriracha, and pepper.
2. In a small bowl, combine water and cornstarch to make a slurry. Whisk the slurry into the simmering hoisin sauce, whisking constantly (3-5 minutes) until it begins to thicken into a rich glaze. Water may be added as needed to reach the desired consistency. Remove from heat. Set aside and allow to cool.

#### **Meatballs:**

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper.
2. Place all meatball ingredients into a medium bowl and combine.
3. Using a 1-ounce scoop, drop meatballs onto baking rack.
4. Place sheet pan into oven. Bake until internal temperature reaches 165 degrees (about 10-15 minutes).
5. Remove from oven and let rest for 3-4 minutes.
6. Gently toss meatballs in freshly made hoisin sauce to coat them, then place them on top of a bed of rice.
7. Garnish with toasted sesame seeds and green onions.

**Nutritional Value:** calories: 622, saturated fat: 7g, sodium: 372mg