Lime & ginger pork meatballs

BODY TRANSFORMATION CENTRE

400g 10% fat pork mince
a small handful of fresh coriander, finely chopped
15ml soy sauce
1 tsp Chinese five spice
10g fresh ginger, grated
grated zest of ½ a lime
10g coconut oil
150g Tenderstem broccoli or broccoli, roughly chopped
1 red bell-pepper, roughly chopped
2 cloves garlic, finely sliced
1 small red onion, sliced
1 medium sized carrot, sliced

SERVES 2

Preheat the oven to 210˚C/425˚F.

Place the pork mince in a large bowl. Add the coriander, soy sauce, Chinese five spice, ginger and lime zest.

Using your hands, mix the ingredients together and form 10 meatballs.

Place the meatballs on an oven tray and bake for 20-25 minutes, until cooked.

Melt the coconut oil in a wok over a high temperature. Add the vegetables and garlic and stir fry for 4-5 minutes or until the vegetables are cooked to your liking.

Arrange the meatballs over the vegetables. Serve.

Store any leftover meatballs in an airtight container and refrigerate for up to 3 days or freeze on same day. Store any leftover vegetables in an airtight container and refrigerate for up to 2 days.

PER SERVING:
392 Calories
10g Carbs
43g Protein
20g Fat