

# Sweet & Sour Cocktail Meatballs



## Ingredients

### Pork:

- 1 lb / 0.5 kg lean ground pork
- 1 egg, slightly beaten
- ¼ cup / 50 mL fine dry breadcrumbs
- ¼ cup / 50 mL finely chopped green onions, divided
- 2 Tbsp / 30 mL grated carrot
- 1 tsp / 5 mL grated ginger root
- ¼ tsp / 1 mL EACH salt and ground black pepper

### Sweet & Sour Sauce:

- 1-14 oz / 395 mL can pineapple tidbits
- ½ cup / 125 mL orange juice
- ⅓ cup / 80 mL tomato ketchup
- ¼ cup / 50 mL EACH cider vinegar and maple syrup
- 1 Tbsp / 15 mL cornstarch
- 1 Tbsp / 15 mL canola oil
- ½ cup / 125 mL finely chopped yellow onion
- 2 tsp / 10 mL grated ginger root
- 1 clove garlic, minced

## Directions

### For the pork:

1. Preheat oven to 375°F.
2. In large bowl, gently combine ground pork with remaining ingredients; do not overmix.
3. Line a rimmed baking sheet with foil. Form mixture into 1-inch balls and arrange on baking sheet about 1 inch apart.
4. Bake for 15 minutes, turning once.

5. Reduce oven temperature to 350°F.
6. Transfer meatballs to a baking dish. Coat with desired amount of sauce. Cover with foil, transfer to oven and bake for 25 minutes, stirring once.
7. Garnish with remaining green onions.

**For the sauce:**

1. Drain juice from canned pineapple into a bowl; reserve tidbits.
2. Whisk in orange juice, ketchup, vinegar, maple syrup and cornstarch. Set aside.
3. In small saucepan, heat oil over medium heat. Add onion, ginger and garlic; cook 3-5 minutes, stirring often.
4. Blend in juice mixture and pineapple tidbits. Bring sauce to a boil.
5. Reduce heat and simmer, stirring occasionally until thickened, about 5 minutes.

Tip: Meatballs can be served over rice with additional sauce or as an appetizer.

**Additional Info**

- **Cut:** Ground pork
- **Prep Time (Minutes):** 20
- **Cook Time (Minutes):** 45
- **Number of Servings:** 4