

Sweet & Sour Pork Balls with Rice

Per Portion
557.5 Calories
31g Protein
76g Carbs
12g Fat

Ingredients



- 500g pork mince
- 2 spring onions, white section thinly sliced, green section thinly sliced diagonally
 - 2 garlic cloves, crushed
- 2 teaspoons finely grated fresh ginger
 - 1/4 teaspoon Chinese five spice
- 25g (1/2 cup) golden breadcrumbs
 - 1 egg, lightly whisked
- Ground white pepper, to taste
 - 300g long grain rice

For the sweet & sour sauce:

- Small tin of pineapple chunks
- 80ml (1/3 cup) tomato sauce
 - 2 tablespoons vinegar
 - 2 teaspoons soy sauce
 - 2 teaspoons cornflour
 - 1 tsp sugar

Method

1. Cook the rice as per the pack instructions.
2. In a large bowl, combine the pork mince, white section of the spring onion, garlic, ginger, Chinese five spice, breadcrumbs, and egg. Season with salt and white pepper. Mix with clean hands until well combined.
3. Shape the mixture into 10 balls.
4. Cook the meatballs in batches at 180°C for 10 minutes, or until golden and cooked through.
5. Meanwhile, for the sweet and sour sauce, place the tin of pineapple and its juice, tomato sauce, vinegar, sugar and soy sauce in the air fryer basket.
6. In a small bowl, whisk together the cornflour and 1 tablespoon of water until smooth. Add the cornflour mixture to the sauce and heat at 200c for 10 minutes.
7. Serve the meatballs with the rice and pour the sauce over the top.