

# Blended Pork and Mushroom Vietnamese Meatballs FIT

**Serving size: 6 meatballs**

**Makes 8 servings**

- ¼ cup Sugar
- ¼ cup Water
- 3 TBSP Canola Oil
- ¾ lbs Oyster Mushrooms, diced
- 1 lb Button Mushrooms, chopped
- 1 TBSP Garlic Coves, minced
- ¼ cup Shallots, minced
- 3 TBSP Lemongrass, minced
- 1 ½ lbs Ground Pork
- 2 TBSP Fish Sauce
- 1 TBSP Hoisin Sauce
- 1 tsp Black Pepper
- Pan Spray, as needed
- 2 TBSP Cilantro Sprigs

## Preparation:

1. In a pot, combine sugar and water. Bring to a simmer. Lower the heat and continue to simmer. Swirl pan as needed. Continue cooking until sugar becomes a caramel color. Allow caramel sauce to come to room temp.
2. Heat oil in a sauté pan. Cook both oyster and button mushrooms, garlic, shallots and lemongrass until liquid is cooked out. Add caramel sauce and stir to combine. Chill mushrooms.
3. In a bowl, combine pork, fish sauce, hoisin sauce, pepper and mushroom mixture. Mix until evenly distributed. Chill mixture in the refrigerator.
4. Using a cookie scoop, portion out 1 oz sized meatballs and place on a plate or sheet pan.
5. Sear meatballs in a sauté pan until an internal temp of 155°F is reached.
6. Garnish meatballs with cilantro.



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## NUTRITION FACTS PER SERVING

calories	280
total fat (g)	17
saturated fat (g)	5
trans fat (g)	0
sodium (mg)	460
total carbohydrate (g)	14
dietary fiber (g)	2
sugar (g)	9
protein (g)	18

