

THAI-STYLE TURKEY & ZUCCHINI MEATBALLS WITH SPICY GLAZE

(from The Bewitching Kitchen, inspired by several sources)

for the glaze:

1/4 cup rice vinegar
3/4 cup water
50g granulated sugar (about 1/4 cup)
1 tbsp soy sauce
1 tsp fish sauce (optional, but advisable)
1 tbsp sambal oelek
2 tsp cornstarch
1 Tbsp cold water

for the meatballs:

1 pound ground turkey (dark meat preferred)
1 cup zucchini, grated and squeezed as dry as possible
1/4 cup almond flour
1/4 cup cilantro leaves, minced
1 tablespoon grated fresh ginger
zest of 1 lime
1 teaspoon salt
ground black pepper to taste
1 egg, lightly beaten

Make the glaze. Add the vinegar, water, sugar, soy sauce, and fish sauce to a non-stick pan. Heat while stirring, until the sugar is dissolved. Simmer for about 3 minutes in medium-low heat. Add the sambal oelek, mix stirring gently until the sauce starts to thicken (about 3 minutes).

Make a slurry with the cornstarch and water, add to the sauce. Simmer, constantly stirring for another couple of minutes. The sauce will thicken quite quickly. Remove from heat, pour into a small bottle or bowl, cool and refrigerate until needed.

Make the meatballs. Combine the zucchini, ginger, cilantro, lime zest, salt, pepper, ground turkey and almond flour and mix them well with your hands. Add the beaten egg and gently finish incorporating it all. Mixture will be a bit loose. Shape as 12 golf-sized balls. Place over a baking sheet lined with parchment paper and refrigerate for 30 minutes or longer. If they seem too

fragile to move around, stick them in the freezer for 10 minutes, it will not affect their roasting, maybe require just a couple of extra minutes. Heat the air fryer to 390°F, and keep your regular oven at around 300F to keep the meatballs warm as you finish them. If not using an air-fryer, set your oven to 400F to roast the meatballs.

In the air-fryer, they will be ready in about 12 minutes, flip them over mid-way through. In a regular oven they will take 20 to 25 minutes.

As soon as the meatballs are finished cooking, coat them with the spicy glaze. If preparing them in batches, keep the first batch in a 300F oven as you cook the second batch. Serve with your favorite side dish, steamed rice and/or vegetables.