



Just Recipes.

Pork-Jasmine Rice Meatballs with Baby Bok Choy

An Asian-scented light meal in a bowl.

Ingredients

Serves 3-4

Meatballs:

1 cup	[250 ml]	water
1/3 cup	[85 ml]	jasmine rice (or other long-grain rice)
1/4 cup	[62.5 ml]	dry breadcrumbs
2		finely chopped green onions
3/4 tsp	[3.75 ml]	salt
1/4 tsp	[1.25 ml]	freshly ground black pepper
1 1/4 lb	[565 g]	ground pork (or turkey)
2		large egg whites
1		garlic clove, finely minced

Bok choy:

6		baby bok choy [~1 1/3 lb, 605 g]
2 teaspoons		vegetable oil
2		finely chopped green onions
1 tbsp	[15 ml]	shredded peeled fresh ginger
1		garlic clove, finely minced
1 cup	[250 ml]	water
3/4 cup	[187.5 ml]	fat-free, less-sodium chicken stock
3 tbsp	[45 ml]	low-sodium soy sauce
1 1/2 tsp	[7.5 ml]	sugar
1/2 tsp	[2.5 ml]	crushed red pepper
1 1/2 tbsp	[22.5 ml]	dry sherry
2 tsp	[10 ml]	cornstarch



Method

Prepare the meatballs: Bring 1 cup water to a boil in a small saucepan. Stir in jasmine rice, reduce heat and simmer 15 minutes or until rice is almost tender. Drain and cool. Combine rice, breadcrumbs, and next 6 ingredients (through 1 garlic clove). Shape mixture into 18 meatballs. Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray. Add meatballs, cook 5 minutes, browning on all sides. Cover and reduce heat to medium. Cook for 10 minutes or until done, turning often. Remove from heat and keep warm.

While the meatballs cook, prepare bok choy. Cut each bok choy in half lengthwise. Rinse under cold running water; drain well. Arrange bok choy in a steamer basket, overlapping pieces. Heat oil in a wok or a large skillet. Add 1/4 cup onions, ginger and 1 garlic clove. Sauté 30 seconds. Place steamer basket in pan. Combine water and next 4 ingredients (through red pepper) and pour over bok choy. Bring to a boil, cover, reduce heat and steam over medium-low heat for 15 to 20 minutes or until bok choy is tender, rearranging bok choy after 10 minutes. Remove the bok choy and steamer basket from pan; cover and keep warm.

Combine sherry and cornstarch; add to pan. Bring to a boil, cook 1 minute or until slightly thick. Serve 4 to 6 meatballs per person, with 3 or 4 bok choy halves and drizzle with the sauce.

Recipe Credit: Cooking Light Magazine

Photo Credit: Marie Asselin

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