

SPICY LEEK MEATBALLS



Prep time: 10 minutes



Cooking time: 10 minutes



Servings: 4

Ingredients

- 1 pound lean ground turkey or ground beef
- 1-1/2 cups minced leek
- 2 fresh chili peppers, minced
- 2 tablespoons flour
- Salt and pepper to taste
- 2 tablespoons sesame oil

Directions

1. Place all ingredients except sesame oil in large mixing bowl.
2. Knead by hand until ingredients are well combined. Do not overmix.
3. Divide mixture into 10–12 portions, about 1/4 cup each. Roll each portion into ball.
4. Heat sesame oil in large nonstick pan over medium heat.
5. Add meatballs and panfry, covered, turning occasionally. Cook through until browned on both sides, about 10 minutes.
6. Pat dry with a paper towel.