



Vietnamese Turkey Meatballs

With Lemon Chili Yogurt Sauce

Camine Pappas / Serves 4 / May 2021

INGREDIENTS:

MEATBALLS:

- ½ C grated carrots
- 1 T finely chopped mint
- 1 lb. ground chicken
- 2 t fresh grated ginger
- ½ t Singapore Seasoning (Penzeys)
- 1 large egg
- ¼ C chopped cilantro
- 1/3 C chopped Vidalia or other sweet onion
- 1 heaping T chopped fresh garlic
- 1 t sesame oil
- 1 t kosher salt and ½ t black pepper
- 2 T Italian breadcrumbs
- 2 T olive oil to grease baking dish



YOGURT SAUCE:

- 10 oz. plain Greek yogurt
- ¼ C chopped preserved lemon rinds (or zest of one lemon and 1 T lemon juice)
- ½ t kosher salt and ¼ t black pepper
- 1 – 2 t crushed red pepper flakes



GARNISH:

- 1 C sliced jalapeño, 1 small cucumber sliced, 3 Roma tomatoes cut in eighths, 6 – 8 slices red onion, sprinkling of cilantro.

METHOD:

Combine all meatball ingredients from carrots to breadcrumbs, and form into about 14 – 16 meatballs. Grease a small glass baking dish with the 2 T oil, and arrange meatballs just touching but not crowded. Bake in a 375 degree F oven for 20 -23 minutes or until bubbling and cooked through. (Make sure meatballs are room temperature before baking for best result.)

Combine yogurt with preserved lemon, salt and pepper, and chili flakes and blend well.

To serve, slather the yogurt sauce on the bottom of a large platter. Top with the cooked meatballs. Then begin to arrange the other ingredients around and atop the meatballs and yogurt.

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