

Teriyaki Glazed Meatballs

Servings: 2–3 people

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients

½ lb ground beef or ground chicken

1 egg

1 Tbsp soy sauce

1 Tbsp brown sugar

½ tsp grated ginger (or ¼ tsp powdered ginger)

Optional: 1–2 Tbsp breadcrumbs if using chicken

Cooked white rice, for serving

Sesame seeds & green onions (optional garnish)

Directions

1. Prepare the meatball mixture (Prep – 10 minutes)

In a mixing bowl combine ground meat, egg, ginger, soy sauce, brown sugar, and a pinch of salt & pepper.

Mix gently until combined (avoid overmixing).

Roll into 1-inch meatballs and place on a parchment-lined baking sheet.

2. Bake the meatballs (Cook – 12 minutes)

Preheat oven to 400°F (200°C).

Bake meatballs for 12 minutes until cooked through and lightly browned.

3. Make the teriyaki glaze (Simmer – 3 minutes)

In a small pan combine:

1 Tbsp soy sauce

1 Tbsp brown sugar

2 Tbsp water

Optional: ½ tsp cornstarch mixed with 1 tsp water (for thicker glaze)

Heat on medium, stirring until the sauce becomes shiny and syrupy.

4. Coat the meatballs (Final – 1 minute)

Add baked meatballs to the pan and toss gently for 1 minute until glossy and coated.

5. Serve

Serve over warm rice.

Garnish with sesame seeds and sliced green onions.

Notes & Tips

Ground chicken makes softer meatballs.

Don't skip simmering the glaze — it creates the shiny teriyaki look.

Add sides like steamed broccoli, carrots, or cucumber slices for a full meal.