



Spicy Shrimp and Pork Meatballs with Rujak Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic crushed
- ☐ 2 inch finger ginger fresh finely chopped
- ☐ 4 green onions diced
- ☐ 1 pound ground pork
- ☐ 1 lime zest juiced

- ☐ 1 mangos peeled chopped
- ☐ 3 tablespoons coconut sugar (Mexican brown sugar)
- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 1 asian pear seeds removed and chopped
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 to 2 serrano peppers seeded chopped
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 1 star fruit chopped
- ☐ 3 tablespoons tamari sauce
- ☐ 0.3 cup tamarind juice

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl
- ☐ toothpicks

Directions

- ☐ Rujak is a spicy mixed fruit salad found throughout Indonesia. Here I puree it to make a sweet and spicy sauce for meatballs.
- ☐ Add the shrimp, onions, ginger, garlic, peppers and pork to a large mixing bowl. Stir in the egg, tamari, cilantro, lime zest and juice and mix together until well combined. Form the mixture into balls using a disher (scoop).
- ☐ Heat the oil to a large nonstick skillet over medium-high heat. Fry the balls until a good crust forms, before turning, about 2 minutes.
- ☐ Add all of the fruit to a food processor and quickly pulse.
- ☐ Add the sugar, tamarind and red pepper flakes and puree until the mixture becomes a thick sauce.
- ☐ Put a little of the sauce into a serving bowl and top with the meatballs.

- ☐
- Serve with bowls of sauce on the side, and a container of toothpicks.
- ☐
- Cook's Note: Can't find star fruit? Substitute a can of drained pineapple pieces.
- ☐
- A viewer, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs cannot make representation as to the results.

PROTEIN

22.12%

FAT

56.09%

CARBS

21.79%

Properties

Glycemic Index:86.38, Glycemic Load:9.6, Inflammation Score:-7, Nutrition Score:23.369999875193%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 620.51kcal (31.03%), Fat: 39.39g (60.61%), Saturated Fat: 11.71g (73.21%), Carbohydrates: 34.42g (11.47%), Net Carbohydrates: 30.04g (10.92%), Sugar: 24.97g (27.74%), Cholesterol: 213.85mg (71.28%), Sodium: 914.42mg (39.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.96g (69.92%), Vitamin B1: 0.92mg (61.01%), Vitamin C: 38.35mg (46.49%), Selenium: 32.52µg (46.46%), Phosphorus: 396.03mg (39.6%), Vitamin B3: 6.31mg (31.57%), Vitamin K: 32.98µg (31.41%), Vitamin B6: 0.62mg (31%), Zinc: 3.7mg (24.66%), Vitamin B2: 0.4mg (23.8%), Potassium: 832.23mg (23.78%), Copper: 0.47mg (23.73%), Vitamin E: 3.04mg (20.26%), Vitamin A: 938.34IU (18.77%), Magnesium: 72.63mg (18.16%), Fiber: 4.39g (17.55%), Vitamin B12: 0.89µg (14.86%), Iron: 2.66mg (14.8%), Folate: 52.99µg (13.25%), Vitamin B5: 1.28mg (12.85%), Manganese: 0.23mg (11.68%), Calcium: 103.53mg (10.35%), Vitamin D: 0.22µg (1.47%)