

# Chinese BBQ Pork Meatballs with Snap Peas

Yield: 2 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-snap-peas-instant-pot-recipe>

## Ingredients:

- 1 1/2 pounds ground pork
- 1 teaspoon salt
- 1/2 teaspoon powdered ginger
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground black pepper
- 2 teaspoons extra-virgin olive oil
- 1/2 sweet onion medium
- 1 medjool date dried
- 1 clove garlic
- 3/4 teaspoon powdered ginger
- 1/2 teaspoon Chinese five spice powder
- 1/4 teaspoon salt
- 1/8 teaspoon crushed red pepper flakes
- 1/8 teaspoon ground black pepper
- 2 tablespoons tomato paste
- 1/3 cup coconut aminos
- 1/4 cup water
- 2 teaspoons sunflower seed butter or almond
- 1 teaspoon rice vinegar unseasoned
- 1 teaspoon toasted sesame oil
- 2 teaspoons sesame seeds
- 1 pound snap peas
- 2 teaspoons ghee
- 3 scallions optional

## Nutrition:

1. Calories: 1190 calories

2. Carbohydrate: 36 grams
  3. Cholesterol: 245 milligrams
  4. Fat: 86 grams
  5. Fiber: 10 grams
  6. Protein: 69 grams
  7. SaturatedFat: 29 grams
  8. Sodium: 1840 milligrams
  9. Sugar: 19 grams
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