

Japanese Fish Meatballs

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/meatloaf-recipe-japanese-bread-crumbs>

Ingredients:

- 1 egg
- 11 ounces pollock well chilled
- 3 tablespoons breadcrumbs
- 2 teaspoons mustard sharp
- salt
- pepper
- pickled ginger
- 3 tablespoons mayonnaise
- 4 ounces soba noodles
- 1 lime
- 1 pinch wasabi paste
- 1 teaspoon sesame oil
- 2 teaspoons soy sauce
- 1 teaspoon sesame seeds
- 2 tablespoons vegetable oil

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 220 milligrams
4. Fat: 29 grams
5. Fiber: 4 grams
6. Protein: 44 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1590 milligrams
9. Sugar: 3 grams

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