



FINCH + FENNEL

# Sweet Molasses Meatballs

PREP TIME: 60 Minutes  
COOK TIME: 30 Minutes  
SERVINGS: 30 Meatballs

## INGREDIENTS:

½ lb Ground Pork	1 Egg
½ lb Ground Beef	¼ c Panko Breadcrumbs
½ lb Ground Chicken	2 Tbsp Salt
½ c Yellow Onion, diced	2 Tbsp Freshly Ground Pepper
1 Tbsp Olive Oil	3 Tbsp Parsley
6-8 Garlic Cloves, minced	3 Tbsp F+F Mediterranean Spice Blend
1 Tbsp Ginger, grated	4 Pieces Of White Bread
3 Oranges	2 c F+F Kentucky-Style Sweet Molasses BBQ Sauce
3 Lemons	
3 Tbsp Milk	



## INSTRUCTIONS:

1. Combine all meats into a bowl & mix until well distributed.
2. Chop up the onion into a small dice & saute it in oil with the garlic & ginger, just until translucent. Set aside to cool.
3. Zest the oranges & lemons into the meat. Juice one of the oranges & one of the lemons into the meat.
4. Add the milk, eggs, panko, salt, pepper, parsley & F+F Mediterranean Spice Blend, and combine.
5. Tear the white bread into small bite-sized pieces & work it into the meat until combined.
6. Toss in herbs & sautéed onion mixture, and mix well.
7. Once all combined, scoop into tablespoon size balls & refrigerate for at least 30 minutes to firm them up.
8. Warm up the F+F Kentucky-Style Sweet Molasses BBQ Sauce on stovetop or in a slow cooker.
9. Add meatballs & cook low & slow, being careful not to boil the BBQ sauce.

*Enjoy!*

