

Pork and Tofu Masala Balls with Cilantro Yogurt



Discover the tantalizing flavors of our Pork and Tofu Masala Meatballs with Coriander Yogurt recipe. These delectable meatballs are infused with aromatic spices and served with a refreshing coriander yogurt sauce, creating a truly satisfying and flavorful dish.

Preparation 15 min

Cooking 24 min

Servings 6

Nutrition Facts (per serving)

Calories 430

Fat 27

Carbohydrates 10

Fibre 4

Protein 31

Sodium 460

Ingredients

- 700 g (1,5 lbs) lean ground pork
- 300 g soft tofu
- 15 ml (1 tbsp) lime juice
- 4 garlic cloves, finely chopped, divided
- 30 ml (2 tbsp) ground coriander

- 30 ml (2 tbsp) ground cumin
- 15 ml (1 tbsp) turmeric
- 5 ml (1 tsp) garam masala
- 2,5 ml (½ tsp) ginger powder
- 2,5 ml (½ tsp) ground cayenne pepper
- 15 ml (1 tbsp) vegetable oil
- 1 green bell pepper, diced
- 1 - 796 ml can diced tomatoes
- 60 mL (¼ cup) fresh cilantro, finely chopped

Cilantro yogurt

- 1 clove garlic, finely chopped
- 250 ml (1 cup) plain Greek yogurt
- 60 ml (¼ cup) fresh cilantro, finely chopped
- 2,5 ml (½ tsp) salt

Preparation

1. Place the grid in the center of the oven. Preheat the oven to 425°F (220°C). Line a baking sheet with a silicone mat or parchment paper.
2. In a large bowl, combine ground pork, soft tofu, lime juice, 2 cloves of minced garlic and all the dry spices.
3. With lightly oiled hands, shape each meatball with about 30 mL (2 tbsp.) of the meat mixture. Carefully place meatballs on the baking sheet.
4. Bake for 24 minutes or until meat is cooked through.
5. Meanwhile, in a large skillet, heat vegetable oil over medium heat and add remaining garlic and green bell pepper. Cook for 2 to 3 minutes.
6. Add the diced tomatoes and fresh cilantro and simmer for 5 minutes. Set aside.
7. In the meantime, mix all the ingredients for the yogurt with the cilantro. Set aside.
8. Serve a few meatballs on top of the tomato sauce and use the yogurt as a dip.

Notes

Can be stored for 3-4 days in the refrigerator or you can store the meatballs for 3 months in the freezer, without the tomato and yogurt sauce.



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