

Sweet and Sour Meatballs: A Quick and Flavorful Weeknight Meal

Why This Recipe is a Favorite



TIME
5-7 min

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INGREDIENTS

Here is a complete list of ingredients for these delicious Sweet and Sour Meatballs, expanding on your provided partial list:

For the Main Dish: 2 tablespoons vegetable oil 500 grams mini meatballs, pre-cooked (or homemade) 1 onion, sliced 1 red capsicum (bell pepper), cut into bite-sized pieces 250 grams diced fresh pineapple 1 cup cooked rice, for serving:

DIRECTIONS

1. method is a huge bonus, making cleanup a breeze. It's an incredibly versatile dish that's a hit with both kids and adults, and it's a perfect solution for a last-minute dinner.
2. Ingredients
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5. 2 tablespoons vegetable oil
6. 500 grams mini meatballs, pre-cooked (or homemade)
7. 1 onion, sliced
8. 1 red capsicum (bell pepper), cut into bite-sized pieces
9. 250 grams diced fresh pineapple
10. 1 cup cooked rice, for serving
11. For the : Sweet and Sour Sauce:
12. $\frac{1}{2}$ cup pineapple juice (from the canned pineapple)
13. $\frac{1}{4}$ cup soy sauce (low-sodium)
14. 2 tablespoons brown sugar
15. 1 tablespoon cornstarch
16. 1 teaspoon grated fresh ginger
17. 1 clove garlic, minced
18. For : Garnish (Optional):
19. Fresh cilantro, chopped
20. Sesame seeds
21. Swaps and : Notes
22. Meatballs:

23. Pre-cooked mini meatballs are a great time-saver. You can also use homemade meatballs or even vegetarian meatballs.
24. Vegetables:
25. Red capsicum (bell pepper) is a great choice for its color and sweetness, but you can also use green or yellow. Sliced carrots, snow peas, or broccoli would also be delicious additions.

SWAPS & NOTES

Meatballs: Pre-cooked mini meatballs are a great time-saver. You can also use homemade meatballs or even vegetarian meatballs.

Vegetables: Red capsicum (bell pepper) is a great choice for its color and sweetness, but you can also use green or yellow. Sliced carrots, snow peas, or broccoli would also be delicious additions.

TIPS FOR SUCCESS

Use a Large Skillet: A large skillet or wok is essential for this recipe to ensure all the ingredients have enough space to cook evenly.

Whisk the Sauce: Whisking the sauce just before adding it to the skillet prevents the cornstarch from clumping and ensures a smooth, glossy sauce.

Cook Vegetables to Tender-Crisp: You want the vegetables to be cooked but still have a little bite.

This adds a great texture to the dish.

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Original recipe: <https://chefmaniac.com/sweet-and-sour-meatballs-a-quick-and-flavorful-weeknight-meal/>