

MISO-GINGER MEATBALLS WITH CABBAGE “NOODLES”

(inspired by [Modern Proper](#))

1 + 1/2 pounds ground turkey
2 tablespoons white miso paste
1 egg
1/2 cup almond flour
1/4 cup finely grated carrot
1 tablespoon minced ginger
1 + 1/2 teaspoon salt
1/4 tsp ground black pepper
olive oil spray

for the cabbage:

1 tablespoon grapeseed oil
finely sliced green cabbage, amount to taste
salt and pepper to taste

to finish the dish:

1/4 cup soy sauce
1 tablespoon white miso paste
sesame seeds for serving

Heat oven to 400F.

In a large bowl, stir together the eggs and 1 tablespoon of the miso paste until fully incorporated. Add the ground turkey, almond flour, carrot, ginger, salt, and pepper. Mix well, then with wet hands, form golf ball-size meatballs and place on a sheet pan covered with aluminum foil. Spray the surface of the meatballs with olive oil, and bake for about 20 minutes, turning them midway through baking.

When the meatballs are almost done, start making the cabbage. Heat the oil on a large non-stick skillet until almost smoking. Add the cabbage, season with salt and pepper, and allow it to brown slightly. Move it around, flipping the strands, until cooked through, but don't let it get mushy. Transfer to a serving dish. To the same skillet, add the soy sauce and miso, whisk until the miso fully dissolves. Add the turkey meatballs to the soy mixture and simmer gently for a few minutes, with the pan covered.

Serve the meatballs with the cabbage noodles, sprinkle with sesame seeds if so desired.