

Turkey Meatballs with Maple Mustard Sauce

Garlicky, herby turkey meatballs covered in a heavenly maple mustard sauce makes for one delicious and easy dinner idea. **Watch the video below to see how I make them in my kitchen!**



Prep Time
20 mins

Cook Time
15 mins

Total Time
35 mins

Course: Dinner Cuisine: American

Keyword: Meatball Recipe, Turkey Meatballs Servings: 6 servings

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★★★★★
4.97 from 65 votes

Ingredients

For The Meatballs

- 680.39 g ground turkey
- 1 large egg lightly beaten
- ½ onion finely chopped
- 28 g almond flour
- 4 garlic cloves minced
- 1.5 teaspoon finely chopped fresh rosemary
- 1.5 teaspoon finely chopped fresh thyme
- 1 teaspoon kosher salt
- 0.5 teaspoon freshly ground black pepper
- 3 tablespoons extra-virgin olive oil

For The Sauce

- 235 g chicken broth
- 62.25 g Dijon mustard
- 80.5 g maple syrup
- 2 tablespoons mayonnaise
- extra fresh rosemary and thyme for garnish

Instructions

1. To a large bowl, add the turkey, egg, onion, almond flour, garlic, rosemary, thyme, salt, and pepper. Use your hands to mix everything together, until fully combined.
2. Measure out 1 ½ tablespoons of mixture (or use a medium cookie scoop) and roll the mixture between your hands, forming approximately 30 meatballs. Place the meatballs on a plate.
3. Heat 2 tablespoons of oil in a large pan on medium heat. Add half of the meatballs to the pan and brown on all sides, about 5 to 8 minutes. Remove the first batch of meatballs to a plate, add another tablespoon of oil to the pan, and repeat with the remaining half of meatballs. Once the second meatballs are cooked, remove them to the plate as well.
4. Deglaze the pan by adding the chicken broth, and use a spatula to scrape up any bits off the bottom. Then add the Dijon mustard, maple syrup, and mayonnaise. Whisk everything together and let the sauce simmer until it's creamy. Add the meatballs back to the pan and warm through. Garnish with additional fresh chopped herbs before serving.

Notes

- **What can I use instead of almond flour?** If you're looking for a nut-free binder, you can use a gluten-free flour blend.
- **How can I make the sauce thicker?** Add 1 teaspoon of arrowroot powder (mixed with 2 teaspoons of water in a slurry first) to help thicken it up as it simmers in the pan.
- **Can I bake the meatballs instead?** Absolutely! Just place the meatballs on a baking sheet and bake them for 20 to 25 minutes at 400°F (200°C), until they're perfectly browned on the outside and cooked through. While the meatballs are cooking, make the sauce in the pan and add the meatballs in when they're done.

Nutrition

Calories: 315kcal | Carbohydrates: 13g | Protein: 30g | Fat: 16g | Saturated Fat: 3g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 7g | Trans Fat: 1g | Cholesterol: 92mg | Sodium: 617mg | Potassium: 451mg | Fiber: 1g | Sugar: 9g | Vitamin A: 104IU | Vitamin C: 2mg | Calcium: 49mg | Iron: 2mg