

Teriyaki Glazed Meatballs

Servings: 2–3 people **Prep Time:** 10 minutes **Cook Time:** 15 minutes **Total Time:** 25 minutes

These teriyaki glazed meatballs are tender on the inside, lightly caramelized on the outside, and coated in a glossy, sweet-savory glaze that tastes like takeout — but made easily at home. They bake quickly in the oven, then finish in a simple stovetop teriyaki sauce that comes together in minutes.

Serve them over warm rice for a fast dinner, or use them as a meal-prep protein for lunches throughout the week.

Why You'll Love This Recipe

- Baked, not fried – less mess and lighter than pan-frying
- Juicy and flavorful with minimal ingredients
- Quick homemade teriyaki glaze (no bottled sauce needed)
- Ready in 25 minutes start to finish
- Works with beef or chicken

Ingredients

Meatballs

- ½ lb ground beef or ground chicken
- 1 egg
- ½ tsp grated fresh ginger (or ¼ tsp ground ginger)
- Salt & black pepper, to taste
- 1–2 Tbsp breadcrumbs (optional; recommended for chicken)

Teriyaki Glaze

- 1 Tbsp soy sauce
- 1 Tbsp brown sugar
- 2 Tbsp water
- Optional: ½ tsp cornstarch + 1 tsp water (for thicker glaze)

For Serving

- Cooked white rice
- Sesame seeds & sliced green onions (optional)

Ingredient Notes & Substitutions

Ground chicken: Softer and juicier but benefits from breadcrumbs for structure.

Ground beef: More robust flavor and easier to shape.

Soy sauce: Use low-sodium if preferred.

Brown sugar: Adds classic teriyaki sweetness; honey works as a substitute.

Instructions

1 **Step 1: Prepare the meatball mixture**

Preheat oven to 400°F (200°C). Line a baking sheet with parchment. Combine ground meat, egg, ginger, salt, pepper, and breadcrumbs (if using). Mix gently. Roll into 1-inch meatballs and arrange on the sheet.

2 **Step 2: Bake the meatballs**

Bake for 12 minutes until cooked through and lightly browned. Remove and set aside.

3 **Step 3: Make the teriyaki glaze**

In a small saucepan, combine soy sauce, brown sugar, and water. Simmer until sugar dissolves. Add cornstarch slurry if using and cook until glossy.

4 **Step 4: Coat the meatballs**

Add baked meatballs to the glaze. Toss gently over medium heat for 1 minute.

5 **Step 5: Serve**

Serve over warm rice and garnish with sesame seeds and green onions.

Tips for Best Results

- Don't overbake — meatballs finish cooking in the glaze
- Loosen glaze with a splash of water if it thickens too much
- Add a splash of rice vinegar or sesame oil for extra flavor

Storage & Reheating

Refrigerator: Store up to 3 days in airtight container.

Reheat: Warm gently with a spoonful of water to refresh glaze.

Easy Variations

- Add minced garlic to the meatball mixture
- Use turkey instead of beef or chicken
- Serve with steamed vegetables or cucumber salad
- Turn into teriyaki meatball lettuce wraps