



UCCOOK

Honey-garlic Beef Meatballs

with fluffy rice, charred broccoli & black sesame seeds

Check out this delicious & flavourful dish to add to your weekly dinner rotation. Sticky Asian-style meatballs are served on a bed of fluffy rice with charred broccoli, black sesame seeds & fresh spring onion greens. Juicy, bouncy and tender, it's absolutely divine!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

 Fan Faves

 Creation Wines | Creation Merlot 2020

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Ingredients & Prep

300ml	Jasmine Rice
450g	Free-range Beef Mince
45ml	NOMU Oriental Rub
60g	Fresh Ginger <i>peeled & grated</i>
2	Garlic Cloves <i>peeled & grated</i>
3	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
15ml	Dried Chilli Flakes
15ml	Cornflour
450g	Broccoli Florets <i>cut into bite-sized pieces</i>
135ml	Sweet Soy <i>(90ml Low Sodium Soy Sauce & 45ml Honey)</i>
15ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. FLUFFY RICE Rinse the rice and place in a pot over medium-high heat. Submerge in 600ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for 10 minutes. Drain if necessary and fluff up with a fork.

2. MEATBALL MAMBO Place the mince in a bowl, add ½ of the rub, grated ginger, garlic, spring onion whites, ½ of the dried chilli (to taste), and a drizzle of oil. Mix to combine and roll into 4-5 meatballs per portion. In a small bowl, mix the cornflour with 3 tsp of water and set aside.

3. CHARRED BROCC Place a nonstick pan over medium heat with a drizzle of oil. When hot, fry the broccoli pieces for minutes, shifting occasionally, until charred. In the final minutes, sprinkle over the remaining rub, toss in a knob of butter, and mix to combine. Remove from the pan and season.

4. STICKY SWEET SOY SAUCE Return the pan (wiped down, if necessary) to medium heat with a drizzle of oil. Fry the meatballs for 3-4 minutes, shifting as they colour. Add the sweet soy and 240ml of water, and lower the heat. Simmer for 6-7 minutes until reduced. In the final 1-2 minutes, add the cornflour mixture and cook until the sauce is thick and sticky.

5. DINNER IS SERVED! Make a bed of fluffy rice, top with the charred broccoli, meatballs and all the sauce. Sprinkle over the remaining dried chilli (to taste) and black sesame seeds. Garnish with spring onion greens. Well done, Chef!



Chef's Tip

Have a bowl of water next to you when you start rolling your meatballs. Dip your hands into it between shaping each one to prevent the mince from sticking to your fingers.

Nutritional Information

Per 100g

Energy	752kj
Energy	180kcal
Protein	8.5g
Carbs	21g
of which sugars	4.2g
Fibre	2.1g
Fat	6.6g
of which saturated	2.3g
Sodium	419mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Soy

Cook
within 3
Days