



UCOOK

Sticky Ginger Sesame Chicken Meatballs

with charred broccoli florets

An Italian-inspired meat dish gets umami-fied with Asian ingredients. A fusion of garlic, ginger, NOMU Oriental Rub & chicken mince is rolled into flavourbombs, pan fried, and coated in a special UCOOK oriental sauce. Served with fluffy basmati rice, charred broccoli, and garnishings of toasted sesame seeds & chilli flakes.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Samantha du Toit

Fan Faves

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

400ml	White Basmati Rice <i>rinse</i>
20ml	White Sesame Seeds
600g	Free-range Chicken Mince
2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
2	Garlic Cloves <i>peel & grate</i>
40g	Fresh Ginger <i>peel & grate</i>
40ml	NOMU Oriental Rub
600g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
320ml	Oriental Sauce <i>(80ml Pomegranate Juice, 120ml Hoisin Sauce, 40ml Honey & 80ml Rice Wine Vinegar)</i>
20ml	Dried Chilli Flakes

From Your Kitchen

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

1. RICE, RICE, BABY Place the rinsed rice in a pot with 800ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. OPEN SESAME Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. MOUTHWATERING MEATBALLS In a bowl, combine the mince, the spring onion whites, the grated garlic, the grated ginger, the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion.

4. CHARRED BROCCOLI Return the pan to medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli pieces until lightly charred, 6-8 minutes (shifting occasionally). Add a splash of water and cover with a lid. Simmer until al dente, 1-2 minutes. Remove from the pan and season.

5. ASIAN AROMAS Place a clean pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). Add the oriental sauce and 200ml of water. Simmer until slightly reduced, 4-5 minutes. Remove from the heat.

6. SET THE TABLE Make a bed of the fluffy rice. Top with the charred broccoli, the sticky ginger meatballs and all the pan juices. Garnish with the chilli flakes (to taste), the toasted seeds, and the spring onion greens.

Nutritional Information

Per 100g

Energy	635kj
Energy	152kcal
Protein	8.1g
Carbs	23g
of which sugars	6.3g
Fibre	1.8g
Fat	3g
of which saturated	0.8g
Sodium	245mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Eat
Within
1 Day