



UCOOK

Honey-soy 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: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Waterford Estate | Waterford Antigo

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Ingredients & Prep

100ml	Jasmine Rice <i>rinsed</i>
150g	Free-range Beef Mince
15ml	NOMU Oriental Rub
20g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
1	Spring Onion <i>trimmed & finely sliced, keeping the white & green parts separate</i>
5ml	Dried Chilli Flakes
5ml	Cornflour
150g	Broccoli Florets <i>cut into bite-sized pieces</i>
45ml	Honey Soy <i>(30ml Low Sodium Soy Sauce & 15ml Honey)</i>
5ml	Black Sesame Seeds

From Your Kitchen

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

1. READY THE RICE Place the rinsed rice in a pot with 200ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. MMMEATBALLS Place the mince in a bowl, add ½ of the NOMU rub, the grated ginger and garlic, the spring onion whites, ½ of the dried chilli flakes (to taste), and a drizzle of oil. Combine and roll into 4-5 meatballs. In a small bowl, mix the cornflour with 1 tsp of water and set aside.

3. ROC THE BROCC Place a pan over medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

4. STICKY HONEY SOY Return the pan to medium heat with a drizzle of oil. Fry the meatballs for 3-4 minutes, shifting as they colour. Add the honey soy and 80ml of water, and lower the heat. Simmer until reduced, 4-5 minutes. In the final 1-2 minutes, add the cornflour mixture and cook until the sauce is thick and sticky.

5. MOUTHWATERING MEAL 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!

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, Allium, Sesame, Wheat, Soy

Cook
within 3
Days