



UCCOOK

Honey-soy Beef Meatballs

with fluffy rice, charred broccoli & black sesame seeds

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	803kJ	4133kJ
Energy	192kcal	988kcal
Protein	8.6g	44.3g
Carbs	22g	116g
of which sugars	4.1g	20.9g
Fibre	2.1g	10.7g
Fat	7.2g	37g
of which saturated	2.4g	12.2g
Sodium	386mg	1986mg

Allergens: Gluten, Sesame, Tree Nuts, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1		[Serves 2]
100ml	200ml	Jasmine Rice <i>rinse</i>
150g	300g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
3	6	Beef Meatballs
1	1	Garlic Clove <i>peel & grate</i>
20g	40g	Fresh Ginger <i>peel & grate</i>
1	2	Spring Onion/s <i>trim & finely slice, keeping the white & green parts separate</i>
5ml	10ml	Cornflour
5ml	10ml	Dried Chilli Flakes
45ml	90ml	Honey Soy <i>(30ml [60ml] Low Sodium Soy Sauce & 15ml [30ml] Honey)</i>
15ml	30ml	NOMU Oriental Express
5ml	10ml	Black Sesame Seeds
10g	20g	Cashew Nuts <i>roughly chop</i>

From Your Kitchen

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

1. **READY THE RICE** Place the rice in a pot with 200ml [400ml] 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. **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 until lightly charred, 5-6 minutes (shifting occasionally). Remove from the pan and season. In a small bowl, mix the cornflour with 1 [2] tsp of water and set aside.

3. **MMMEATBALLS** Return the pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan.

4. **STICKY HONEY SOY** Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the ginger, garlic, and spring onion whites until fragrant, 1-2 minutes. Add the honey soy, the NOMU rub and 80ml [160ml] of water, and lower the heat. Simmer until reduced, 4-5 [5-6] minutes. In the final 1-2 minutes, add the cornflour mixture and meatballs and cook until the sauce is thick and sticky.

5. **MOUTHWATERING MEAL** Make a bed of fluffy rice, top with the broccoli, meatballs and all the sauce. Sprinkle over the dried chilli (to taste) and black sesame seeds, and the cashew nuts. Garnish with spring onion greens. Well done, Chef!