

Eat Within 1 Day

UCOOK

Pork Meatball Vietnamese Bún Ch

with pickled carrot & diakon, fresh herbs & crispy noodles

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Tiisetso Maema

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	504kJ	2908kJ
Energy	121kcal	696kcal
Protein	6.1g	35.4g
Carbs	11g	64g
of which sugars	1.6g	9.4g
Fibre	1.1g	6.1g
Fat	6g	34.9g
of which saturated	2.3g	13.5g
Sodium	323mg	1860mg

Allergens: Sulphites, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Rice Vermicelli Noodles
240ml	325ml	Lime-wine Blend *(150ml [200ml] Lime Juice, 90ml [125ml] Rice Wine Vinegar)*
240g	240g	Carrot *rinse, trim, peel & cut into thin matchsticks*
90g	120g	Daikon Rounds *cut into thin matchsticks*
90ml	125ml	Tamari Sauce
45ml	60ml	Sugar
2	2	Fresh Chillies *rinse, trim, deseed & finely slice*
450g	600g	Pork Mince
2	2	Spring Onions *rinse, trim & finely slice, keeping the white & green parts separate*
2	2	Garlic Cloves *peel & grate*
300g	400g	Cucumber *rinse & peel into ribbons*
16g	20g	Mixed Herbs *rinse, pick & finely chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

1. OODLES OF NOODLES Boil the kettle. Place ¾ of the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain and rinse in cold water.

2. PICKLE & DRESSING In a bowl, combine ¾ of the lime-wine blend with a sweetener of your choice. Add in the carrots and daikon, and mix until everything is well coated. Set aside in the fridge. In a separate mixing jug, combine ¾ of the tamari, the remaining lime-wine blend, sugar, fresh chillies, and 90ml [120ml] of water, season, and set aside.

3. CRUNCH FACTOR Place a pan over medium heat with enough oil to cover the base. Gently separate the remaining noodles as best you can. When the oil is heated up, add the uncooked noodles to the oil and allow them to fry until they puff up slightly, for 20-30 seconds (you may need to do this step in batches). Remove from the oil, drain on a paper towel, and lightly season.

4. MMMEATBALLS In a separate bowl, combine the mince, spring onion whites, garlic, seasoning, and the remaining tamari. Slightly wet your hands with water and form the mixture into 4-5 meatballs per portion. Set aside.

5. FRY THE FLAVOURBOMBS Return to the stove on medium heat. Drain any excess oil from the pan, leaving just enough to cook the meatballs. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). Remove from the pan (you may need to do this step in batches).

6. COLOURFUL CUISINE Bowl up the noodles and top with the meatballs, cucumber, pickled carrots and daikon, and herbs (buddha-bowl style). Mix the tamari dressing with any remaining carrot pickling liquid. Pour over the loaded noodle bowl. Garnish with spring onion greens and the crispy noodles. Dinner is ready, well done, Chef!