



# WCOOK

## Honey-soy Homemade Beef Meatballs

with fluffy rice, charred broccoli & black sesame seeds

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Thea Richter

**Wine Pairing:** Sophie Germanier Organic | Sophie Germanier Pinotage Organic

### Nutritional Info

	Per 100g	Per Portion
Energy	804kJ	4150kJ
Energy	192kcal	992kcal
Protein	8.6g	44.6g
Carbs	23g	117g
of which sugars	3.8g	19.8g
Fibre	2.2g	11.1g
Fat	7.2g	37.1g
of which saturated	2.4g	12.4g
Sodium	398mg	2055mg

**Allergens:** Cow's Milk, Gluten, Allium, Sesame, Wheat, Tree Nuts, Soy

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
450g	600g	Beef Mince
45ml	60ml	NOMU Roast Rub
60g	80g	Fresh Ginger <i>peel &amp; grate</i>
20	20	Garlic Cloves <i>peel &amp; grate</i>
3	4	Spring Onions <i>trim &amp; finely slice, keeping the white &amp; green parts separate</i>
15ml	20ml	Dried Chilli Flakes
15ml	20ml	Cornflour
450g	600g	Broccoli Florets <i>rinse &amp; cut into bite-sized pieces</i>
135ml	185ml	Honey Soy <i>(90ml [125ml] Low Sodium Soy Sauce &amp; 45ml [60ml] Honey)</i>
15ml	20ml	Black Sesame Seeds
30g	40g	Cashew Nuts <i>roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Butter (optional)  
Seasoning (salt & pepper)

1. **READY THE RICE** Place the rice in a pot with 600ml [800ml] 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 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 per portion. In a small bowl, mix the cornflour with 3 [4] 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 until lightly charred, 5-6 minutes (shifting occasionally). 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 240ml [320ml] of water, and lower the heat. Simmer until reduced, 6-7 [7-8] 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 broccoli, meatballs and all the sauce. Sprinkle over the remaining dried chilli (to taste) and black sesame seeds, and the cashew nuts. Garnish with spring onion greens. Well done, Chef!