



WCOOK

Honey-soy Homemade Beef Meatballs

with fluffy rice, charred broccoli & black sesame seeds

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

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