



# UCOOK

## Sweet Chilli Glazed Meatballs

with fluffy rice & Asian slaw

The real star of this dish is the slaw, consisting of charred corn, cabbage, julienne carrots, green leaves, fresh coriander, and toasted sesame seeds, all tossed together in the most delicious Asian dressing made from Kewpie mayo, sesame oil, and soy sauce. Served alongside fluffy Jasmine rice topped with juicy chicken meatballs smothered in sweet chilli sauce.

---

**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Rhea Hsu

---

 Fan Faves

---

 Creation Wines | Creation Chenin Blanc

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

100ml	Jasmine Rice <i>rinsed</i>
5ml	White Sesame Seeds
50g	Corn
100g	Cabbage <i>finely sliced</i>
100g	Julienne Carrots
20g	Green Leaves <i>rinsed &amp; sliced</i>
120ml	Asian Dressing <i>(60ml Kewpie Mayo, 30ml Low Sodium Soy Sauce, 10ml Sesame Oil &amp; 20ml Rice Wine Vinegar)</i>
4g	Fresh Coriander <i>rinsed &amp; picked</i>
150g	Free-range Chicken Mince
7,5ml	NOMU BBQ Rub
50ml	Sweet Chilli Sauce

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. FLUFFY RICE** Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid 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. TOASTED SESAME** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CHARRED CORN** Return the pan to high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. ASIAN SLAW** In a salad bowl, combine the Asian dressing with a sweetener and seasoning. Toss through the charred corn, the sliced cabbage, the julienne carrots, the sliced green leaves, ½ the picked coriander, and ½ the toasted sesame seeds. Set aside in the fridge.

**5. MEATBALL PREP** In a bowl, combine the mince, the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs.

**6. GLAZED MEATBALLS** Return the pan to medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, baste the meatballs with the sweet chilli until coated. Remove from the heat.

**7. DINNER IS READY** Plate up the fluffy rice, top with the glazed meatballs, and all the pan juices. Serve alongside the creamy asian slaw. Garnish with the remaining coriander and the sesame seeds. Look at you Chef!

## Nutritional Information

Per 100g

Energy	811kj
Energy	194kcal
Protein	5.9g
Carbs	47g
of which sugars	5.1g
Fibre	1.7g
Fat	4.9g
of which saturated	1g
Sodium	378mg

## Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook  
within 1  
Day