

QCOOK

Sweet 'n Sour Beef Meatballs

with jasmine rice & toasted cashews

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Waterford Estate | Waterford Grenache Noir

Nutritional Info	Per 100g	Per Portion
Energy	765kJ	3855kJ
Energy	183kcal	922kcal
Protein	8.6g	43.6g
Carbs	17g	84g
of which sugars	4.2g	21g
Fibre	0.8g	4g
Fat	8.7g	43.7g
of which saturated	3.1g	15.5g
Sodium	182mg	916mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
10ml	20ml	Low Sodium Soy Sauce
4	8	Beef Meatballs
75g	150g	Sliced Onion
1	1	Garlic Clove <i>peel & grate</i>
60g	120g	Tinned Pineapple Pieces <i>drain</i>
60ml	120ml	Sweet 'n Sour Sauce <i>(30ml [60ml] Tomato Sauce & 30ml [60ml] Vinegar)</i>
10g	20g	Piquanté Peppers <i>drain</i>
10g	20g	Cashew Nuts
3g	5g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

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

1. SOY RICE Place the rice in a pot with 150ml [300ml] 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 steam, 8-10 minutes. Fluff with a fork, toss through the soy sauce (to taste), and cover.

2. PERFECT BEEF Place a 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.

3. SWEET & SOUR Return the pan to medium-high heat and drain the oil if necessary. Fry the onion until soft, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 30-60 seconds (shifting constantly). Mix through the pineapple, the sweet 'n sour sauce, and 20ml [40ml] of sweetener. Bring to a boil, then immediately remove from the heat. Stir through the meatballs and peppers until fully coated. Season.

4. SATISFYING SUPPER Serve up the soy-infused rice and smother in the sweet 'n sour meatballs. Scatter over the cashews and the chives. Simply gorgeous, Chef!

Chef's Tip Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.