



QCOOK

Honey-soy Beef Meatballs

with fluffy rice, charred broccoli & black sesame seeds

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	803kj	4133kj
Energy	192kcal	988kcal
Protein	8.6g	44.3g
Carbs	22g	116g
of which sugars	4.1g	20.9g
Fibre	2.1g	10.7g
Fat	7.2g	37g
of which saturated	2.4g	12.2g
Sodium	386mg	1986mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

450g	600g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
300ml	400ml	Jasmine Rice <i>rinse</i>
9	12	Beef Meatballs
2	2	Garlic Cloves <i>peel & grate</i>
60g	80g	Fresh Ginger <i>peel & grate</i>
3	4	Spring Onions <i>trim & finely slice, keeping the white & green parts separate</i>
15ml	20ml	Cornflour
15ml	20ml	Dried Chilli Flakes
135ml	185ml	Honey Soy <i>(90ml [125ml] Low Sodium Soy Sauce & 45ml [60ml] Honey)</i>
45ml	60ml	NOMU Oriental Express
15ml	20ml	Black Sesame Seeds
30g	40g	Cashew Nuts <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Butter (optional)

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. **ROC THE BROC** 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. In a small bowl, mix the cornflour with 3 [4] tsp of water and set aside.

3. **MMMEATBALLS** Return the 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.

4. **STICKY HONEY SOY** Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the ginger, garlic, and spring onion whites until fragrant, 1-2 minutes. Add the honey soy, the NOMU rub 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 meatballs 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 dried chilli (to taste) and black sesame seeds, and the cashew nuts. Garnish with spring onion greens. Well done, Chef!