



UCCOOK

Chinese-Style Hoisin Meatballs

with rice noodles, edamame beans & Chinese 5 spice


A delectably sticky hoisin sauce surrounds pork meatballs flavoured with garlic and Chinese 5 spice, as well as cabbage, carrot, edamame beans, and noodles. An uber easy, uber delicious meal to bring you total satisfaction.


Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Easy Peasy

 Lanzerac Estate | Keldermeester Versameling Bergpad

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Ingredients & Prep

50g	Flat Rice Noodles
150g	Pork Mince
10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
5g	Fresh Coriander <i>riused & roughly chopped</i>
7,5ml	Cape Herb & Spice Chinese 5 Spice
1	Lime <i>one ½ zested & cut into wedges</i>
65ml	Sweet 'n Sticky Sauce <i>(15ml Sesame Oil, 25ml Low Sodium Soy Sauce & 25ml Ong's Hoisin Sauce)</i>
50g	Edamame Beans
75g	Shredded Cabbage & Julienne Carrot

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. SILKY NOODLES Boil the kettle. Using a shallow bowl, fully submerge the noodles in boiling water and add a pinch of salt. Gently use a fork to separate them slightly. Cover with a plate and set aside to soak for 6-8 minutes until cooked through and glassy. Drain on completion, reserving 15ml of the water for step 3. Toss through some oil to prevent sticking.

2. SPICE THINGS UP! In a bowl, combine the mince with the grated ginger and garlic and ½ of the chopped coriander. Mix in the Chinese 5 spice, the lime zest, and some seasoning – all to taste. Roll into 3-4 meatballs.

3. STICKY STIR FRY Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the meatballs for 2-3 minutes until browned all over but not cooked through, shifting as they colour. Combine the sweet 'n sticky sauce with the reserved noodle water and pour into the pan. Simmer for 2-3 minutes until the sauce has reduced slightly and the meatballs are cooked through, basting them with the sauce.

4. LOAD IT UP WITH VEG If the sauce is too thick to coat the noodles and veg when they're added, loosen with a little water. Toss through the edamame beans, the cooked noodles, and ½ of the cabbage and carrot. Stir fry for another 1-2 minutes until the veg is warmed through, tossing regularly. Remove from the heat on completion.

5. ALMOST READY Toss the remaining cabbage and carrot with 10ml of olive oil, a squeeze of lime juice, and some seasoning.

6. AND THERE YOU HAVE IT! Serve up a bowl of saucy meatball stir fry, and garnish with the remaining chopped coriander and a lime wedge. Serve the colourful slaw on the side. What a breeze!



Chef's Tip

Have a bowl of water next to you when you start rolling your meatballs. Dip your fingers into it between each meatball to prevent the mince from sticking to your fingers.

Nutritional Information

Per 100g

Energy	840kj
Energy	201Kcal
Protein	8.7g
Carbs	15g
of which sugars	3.1g
Fibre	1.3g
Fat	11.8g
of which saturated	3.6g
Sodium	333mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within 2
Days