

Ingredients & Prep

100ml	Jasmine Rice
150g	Free-range Beef Mince
15ml	NOMU Oriental Rub
20g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
5ml	Dried Chilli Flakes
5ml	Cornflour
150g	Broccoli Florets <i>cut into bite-sized pieces</i>
45ml	Sweet Soy <i>(30ml Low Sodium Soy Sauce & 15ml Honey)</i>
5ml	Black Sesame Seeds

From Your Kitchen

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

1. FLUFFY RICE Rinse the rice and place in a pot over medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for 10 minutes. Drain if necessary and fluff up with a fork.

2. MEATBALL MAMBO Place the mince in a bowl, add ½ of the rub, grated ginger, garlic, spring onion whites, ½ of the dried chilli (to taste), and a drizzle of oil. Mix to combine and roll into 4-5 meatballs. In a small bowl, mix the cornflour with 1 tsp of water and set aside.

3. CHARRED BROCC Place a nonstick pan over medium heat with a drizzle of oil. When hot, fry the broccoli pieces for 4-5 minutes, shifting occasionally, until charred. In the final minutes, sprinkle over the remaining rub, toss in a knob of butter, and mix to combine. Remove from the pan and season.

4. STICKY SWEET SOY SAUCE Return the pan (wiped down, if necessary) to medium heat with a drizzle of oil. Fry the meatballs for 3-4 minutes, shifting as they colour. Add the sweet soy and 80ml of water, and lower the heat. Simmer for 4-5 minutes until reduced. In the final 1-2 minutes, add the cornflour mixture and cook until the sauce is thick and sticky.

5. DINNER IS SERVED! Make a bed of fluffy rice, top with the charred broccoli, meatballs and all the sauce. Sprinkle over the remaining dried chilli (to taste) and black sesame seeds. Garnish with spring onion greens. Well done, Chef!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	752kj
Energy	180kcal
Protein	8.5g
Carbs	21g
of which sugars	4.2g
Fibre	2.1g
Fat	6.6g
of which saturated	2.3g
Sodium	419mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Soy

Cook
within 3
Days