



WCOOK

Asian Beef Meatball Bowl

with julienne carrot, fresh coriander & a sweet soy sauce

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Carb Conscious: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Piekenierskloof | Grenache Noir 2023

Nutritional Info

	Per 100g	Per Portion
Energy	499kJ	3470kJ
Energy	119kcal	830kcal
Protein	6.5g	45.2g
Carbs	7g	46g
of which sugars	3.4g	23.4g
Fibre	1.6g	11.2g
Fat	7g	48.4g
of which saturated	2.3g	16.2g
Sodium	232mg	1613mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Cashew Nuts <i>roughly chop</i>
4	8	Beef Meatballs
20ml	40ml	NOMU One For All Rub
100g	200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
1	1	Onion <i>peel & finely dice ¼ [½]</i>
100g	200g	Cabbage <i>rinse & thinly slice</i>
75g	150g	Julienne Carrots
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
40ml	80ml	Sweet Soy <i>(5ml [10ml] Sesame Oil, 30ml [60ml] Low Sodium Soy Sauce & 5ml [10ml] Honey)</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. CASHEW! BLESS YOU 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.

2. I'LL FRY IF I WANT TO Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes (shifting occasionally). In the final 1-2 minutes, add ½ the NOMU rub. Remove from the pan and set aside.

3. ON TO THE VEG Return the pan to a medium-high heat. When hot, add the cauliflower and fry until starting to char, 5-7 minutes (shifting occasionally). Add the onion and fry until golden, 3-4 minutes (shifting occasionally).

4. SMELLS SO GOOD... When the onion is golden, add the cabbage, the julienne carrot, and ½ the chilli (to taste) to the pan. Fry until the cabbage has softened slightly, 2-3 minutes (shifting occasionally). In the final minute, add the remaining NOMU rub. Remove from the heat and toss through the browned meatballs, the sweet soy, and ½ the coriander. Season (if necessary).

5. TUCK IN! Dish up the loaded meatball stir-fry. Sprinkle over the cashews and the remaining chilli and coriander. Time to dine, Chef!