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Japanese Meatballs

with Broccoli and Miso Butter.



20-30min



4 Portions

Move over spaghetti and meatballs! This Japanese-inspired dinner turns meatballs into amazing morsels of flavour with the help of garlic, ginger and spring onion. Served on some simple rice and drizzled with an out-of-this-world miso butter, this wonderful dish will most certainly become a firm family favourite.

What we send

- white miso paste ⁶
- ponzu sauce ^{1,4,6}
- ginger, 2 garlic cloves, 3 spring onion
- broccoli
- carrot
- sesame oil ¹¹
- panko breadcrumbs ¹
- free-range pork mince
- sushi rice

What you'll require

- butter ⁷
- egg ³
- olive oil
- salt and pepper

Utensils

- foil
- grater
- medium saucepan
- oven tray
- pastry brush
- sieve
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If miso is too strong for your kids, reserve some veggies and drizzle with a little olive oil or toss in some plain butter.

Allergens

Gluten (1), Egg (3), Fish (4), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 780.0kcal, Fat 22.7g, Proteins 52.7g, Carbs 83.8g



1. Cook rice

Rinse the **rice** in a sieve under cold water until water runs clear. Place in a medium saucepan with 400ml of **water** and a pinch of **salt**. Bring to the boil then reduce to a simmer, cover and cook for 15 mins or until water is absorbed. Stand, covered, until ready to serve.



2. Make meat mixture

Meanwhile, thinly slice the **spring onions** and **garlic**. Peel and finely grate the **ginger**. Place the **pork, breadcrumbs, garlic, ginger, sesame oil, 1 egg, ½ tsp salt** and most of spring onion (reserve 1 tbs to garnish) in a large bowl. Mix until well combined.



3. Form meatballs

Heat the oven grill to high with rack 10cm from heat source. Line 1 large oven tray with foil and lightly spray or brush with **olive oil**. Using wet hands, shape the **pork mixture** into 16-20 meatballs and place on the prepared tray. Drizzle with 1 tbs **olive oil** and season with **salt and pepper**. Toss to coat.



4. Grill meatballs

Grill **meatballs** for 8 mins or until browned. Turn meatballs and grill for a further 6 mins or until browned on other side and cooked through. Brush meatballs with half of the **ponzu sauce**. Loosely cover with foil and stand for 5 mins.



5. Cook carrots

Meanwhile, bring a medium saucepan of salted water to the boil. Cut the **carrots** into batons. Cut **broccoli** into florets. Cook carrots in the boiling water for 2 mins. Add broccoli to pan and cook for 2-3 mins until all vegetables are just tender. Drain.



6. Make miso butter

Place the **miso** and 30g **butter** in the pan the vegetables were cooked in over low heat and melt, stirring to combine. Serve **rice** topped with **veggies** and **meatballs**. Drizzle **miso-butter sauce** over vegetables (see cooking tip) and sprinkle over reserved **spring onion**. Serve remaining **ponzu sauce** on the side for dipping.