



Japanese Meatballs

with Broccoli and Miso Butter.



20-30min



2 Portions

With the help of spring onions, ginger, garlic and sesame oil, ordinary meatballs get a Japanese makeover. The cooked meatballs are brushed with ponzu, a classic Japanese sauce made from the fruit of a Japanese citrus plant and soy sauce. Served with charred miso-laced broccoli and sticky white rice, this delicious dish is the perfect dinner for two.

What we send

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

What you'll require

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

Utensils

- foil
- grater
- oven tray
- pastry brush
- sieve
- small saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

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

Nutrition per serving

Energy 850.0kcal, Fat 32.5g, Proteins 53.2g, Carbs 81.2g



1. Cook rice

Rinse the **rice** in a sieve under cold water until water runs clear. Place in a small saucepan with 375ml (1½ cups) of water and a pinch of **sea 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. Combine mixture

Meanwhile, heat the oven grill to high with rack 10cm from heat source. Finely chop the **spring onion** and **garlic**. Peel and finely grate the **ginger**. Place the **pork, breadcrumbs, garlic, ginger, sesame oil, 1 egg, ½ tsp sea salt** and half the spring onion in a large bowl. Mix until well combined.



3. Form meatballs

Line 1 large oven tray with foil and spray or brush lightly with **oil**. Using wet hands, shape the **pork mixture** into 16 balls (30g each) and place on the prepared tray to 1 side. Cut the **broccoli** into florets then place on same tray. Drizzle with a little **olive oil** and season with **sea salt and pepper**. Toss to coat.



4. Grill meatballs

Grill **meatballs** and **broccoli** for 8 mins or until browned. Turn meatballs and broccoli and grill for a further 6 mins or until browned on other side and cooked through. Remove broccoli if done sooner.



5. Brush meatballs

Brush **meatballs** with half of the **ponzu sauce**. Loosely cover and stand for 5 mins.



6. Make miso butter

Meanwhile, combine the **miso** and 30g **softened butter** in a bowl until smooth. Toss the **broccoli** with the miso butter while still warm. Serve **rice** topped with broccoli and **meatballs**. Sprinkle over reserved **spring onion**. Serve remaining **ponzu sauce** on the side for dipping.