



## Cambodian Meatball Salad

with Five-Spice Dressing



20-30min



4 Portions

You don't have to make a trip to Cambodia to experience the delicious flavours of Khmer cuisine. Loosely inspired by lok, this fresh salad combines quick-cook beef meatballs, crisp lettuce and carrots with a fragrant five-spice dressing. Serve it with steamed rice on the side or toss everything together for an enticing bowl.



## What we send

- baby cos lettuce
- grass-fed beef mince
- jasmine rice
- Chinese five spice spice
- carrots
- white sesame seeds <sup>11</sup>
- rice wine vinegar
- garlic clove, coriander
- tumeric

## What you'll require

- sea salt and pepper
- soy sauce <sup>6</sup>
- sugar
- vegetable oil
- water

## Utensils

- large frypan

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

## Cooking tip

As the meatballs have turmeric in them, they may still look a little pink on the inside when they are cooked through. Reserve remaining turmeric for another use.

## Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

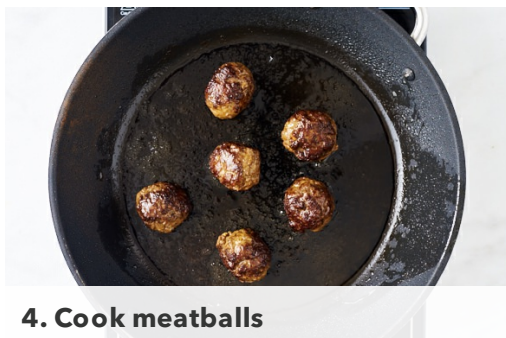
## Nutrition per serving

Energy 625.0kcal, Fat 18.7g, Proteins 40.7g, Carbs 71.2g



**1. Cook rice**

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



**4. Cook meatballs**

Heat the **remaining 1½ tbs oil** in the same frypan over medium heat. Add the **meatballs** and cook, turning, for 8-10 mins until golden (see cooking tip).



**2. Shape meatballs**

Put the **five-spice** in a dry large frypan over medium heat and toast, tossing the pan constantly, for 1-2 mins until fragrant. Remove and set aside. Finely chop or crush the **garlic**. Put the **beef**, **1 tsp turmeric** and **half the five-spice** in a bowl and season with **salt and pepper**. Using your hands, combine well, then shape into 4cm balls.



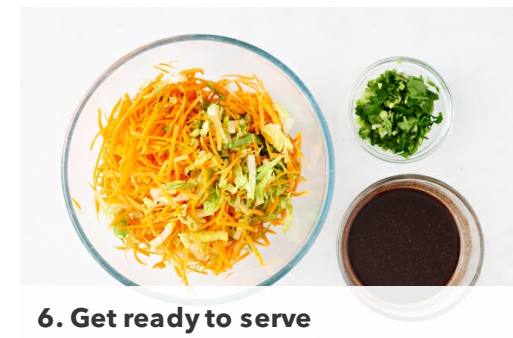
**5. Prepare salad**

Meanwhile, peel and coarsely grate the **carrots**. Coarsely chop the **coriander**, including the stems. Trim and very thinly slice the **lettuces**.



**3. Prepare dressing**

Put the **rice wine vinegar**, **soy sauce**, **sugar**, **1½ tbs oil** and the **remaining five-spice** in a bowl and stir until the sugar has dissolved.



**6. Get ready to serve**

Divide the **carrot** and **lettuce** among bowls. Top with the **meatballs**, drizzle over the **dressing** and scatter over the **coriander** and **sesame seeds**. Serve with the **rice**.