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Japanese Meatballs

with Broccoli and Miso Butter



30-40min



4 Portions

This Japanese-inspired dinner showcases seared ginger-laced pork meatballs tossed through an irresistible sweet and salty miso butter. Charred roasted broccoli and crunchy corn kernels add nuttiness and texture while a drizzle of citrusy ponzu add a tang to the honeyed sauce. Served with sticky Japanese-style rice, this dish is set to become a firm family favourite.

What we send

- 2 spring onions, 2 garlic cloves and ginger
- broccoli
- ponzu sauce ^{1,4,6}
- corn kernels
- miso paste ⁶
- sesame oil ¹¹
- panko breadcrumbs ¹
- free-range pork mince
- short grain rice

*The remainder of this ingredient won't be used in this recipe.

What you'll require

- butter ⁷
- egg ³
- Australian honey
- olive oil
- sea salt and pepper
- water

Utensils

- 2 oven trays
- baking paper
- large frypan
- large saucepan
- medium saucepan
- pastry brush
- sieve

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

Cooking tip

Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

Allergens

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

Nutrition per serving

Energy 855.0kcal, Fat 30.0g, Protein



1. Cook rice

Preheat the oven to 200C. Line 2 oven trays with baking paper. Rinse the **rice** well. Put in a large saucepan with the **water** (see staples list), 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. Brown meatballs

Meanwhile, heat the **remaining oil** in a large frypan over medium heat and cook **meatballs**, in batches if necessary, turning them for 5-6 mins until lightly browned. Return to the lined tray and bake in the oven for 5-6 mins until cooked through.



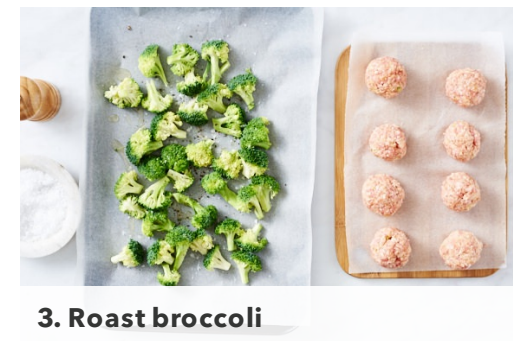
2. Make meatball mixture

While rice is cooking, finely chop the **spring onion** and **garlic**. Peel and finely grate the **ginger**. Put the **pork, breadcrumbs, garlic, ginger, sesame oil, egg(s), salt** (use ½ tsp for 2P | 1 tsp for 4P** see cooking tip) and **three-quarters of the spring onion** in a large bowl. Mix until well combined.



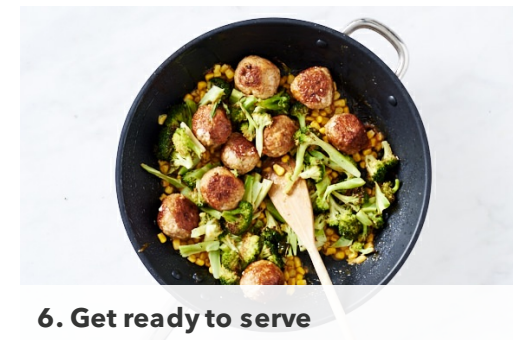
5. Make miso butter

Meanwhile, wipe the frypan clean with paper towel. Add the **miso paste, butter and honey** to the pan over medium heat. Add the **corn kernels**, stir to combine and cook, stirring, for 1-2 mins until warmed through. Season with **pepper** and remove from the heat.



3. Roast broccoli

Using wet hands, shape the pork mixture into 4cm balls and place on one of the lined trays. Cut the **broccoli** into florets, then place on the second tray. Drizzle broccoli with **1 tbs oil** and season with **salt and pepper**. Toss to coat. Roast **broccoli** for 15 mins or until starting to brown, turning halfway through.



6. Get ready to serve

Add the broccoli and meatballs to the corn mixture and stir to combine. Divide rice among bowls and top with the meatball mixture. Scatter over the **remaining spring onion** and drizzle with the **ponzu sauce** to serve.