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## Japanese Pork Meatballs

with Roasted Broccoli and Miso Butter



30-40min



2 Portions

With the help of spring onions, ginger, garlic and sesame oil, ordinary meatballs get a Japanese makeover. Once cooked, the meatballs are also tossed with a moreish butter sauce laced with white miso for even more exotic flavour. Served with charred broccoli and sticky white rice, this delicious dish is the perfect midweek Asian meal.

## What we send

- free-range premium pork mince
- short grain rice
- white miso paste <sup>6</sup>
- panko breadcrumbs <sup>1</sup>
- mirin <sup>1</sup>
- garlic, ginger, spring onion
- sesame oil <sup>11</sup>
- broccoli
- corn kernels

## What you'll require

- butter <sup>7</sup>
- egg <sup>3</sup>
- Australian honey
- olive oil
- sea salt and pepper
- water

## Utensils

- baking paper
- large frypan
- oven tray
- paper towel

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

The miso is already salty, so don't be tempted to season with salt as well.

## Allergens

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

## Nutrition per serving

Energy 970kcal, Fat 44.0g, Carbs 91.9g, Proteins 45.5g



**1. Cook rice**

Preheat the oven to 200C. Line two oven trays with baking paper. Rinse the **rice** well. Put in a small saucepan with **250ml (1 cup) 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.



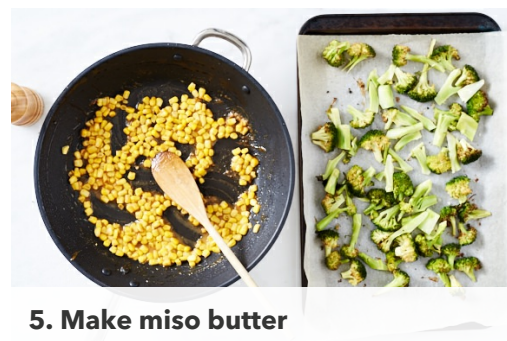
**4. Cook meatballs**

Heat **1 tbs olive oil** in a large frypan over medium heat. Cook the meatballs, in batches if necessary, for 5-6 mins, turning, until lightly browned. Transfer to the second lined tray and bake on a lower shelf in the oven for 5-6 mins until cooked through.



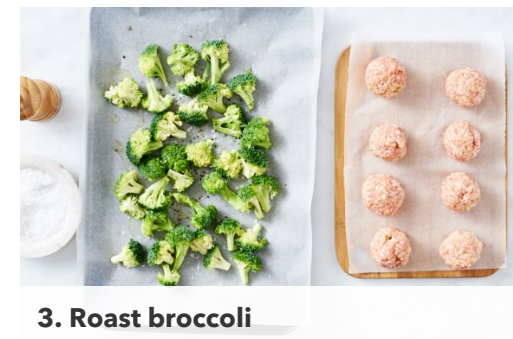
**2. Make meatball mixture**

Meanwhile, finely chop the **spring onion** and **garlic**. Peel and finely grate the **ginger**. Put the **pork, breadcrumbs, garlic, ginger, sesame oil, 1 egg white, ½ tsp salt** and **most of the spring onion** (reserve 2 tsp to serve) in a large bowl. Mix until well combined.



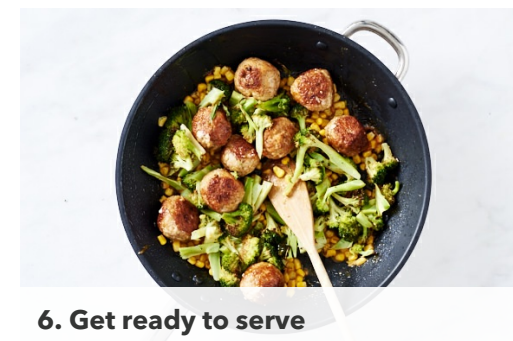
**5. Make miso butter**

Meanwhile, wipe out the frypan with paper towel and melt **1 tbs miso, 20g butter** and **2 tsp honey** over medium heat. Add the **mirin** and **corn kernels**, stir to combine and cook for 3 mins until hot. Season with **pepper** (see cooking tip) and remove from the heat.



**3. Roast broccoli**

Cut the **broccoli** into florets, then put on one lined tray. Drizzle with **2 tsp olive oil**, season with **salt and pepper** and toss to coat. Roast on a higher shelf in the oven, turning halfway through, for 15 mins or until golden. Using wet hands, shape the **pork mixture** into 4cm balls.



**6. Get ready to serve**

Toss the **broccoli** and **meatballs** through the **corn** and **miso butter**. Divide the **rice** and **meatball mixture** among bowls. Scatter over **remaining spring onion** to serve.