



Cambodian Meatball Salad

with Five-Spice Dressing



20-30min



2 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

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

What you'll require

- sea salt and pepper
- soy sauce ⁶
- sugar
- sunflower oil
- water

Utensils

- medium frypan
- small saucepan

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

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.

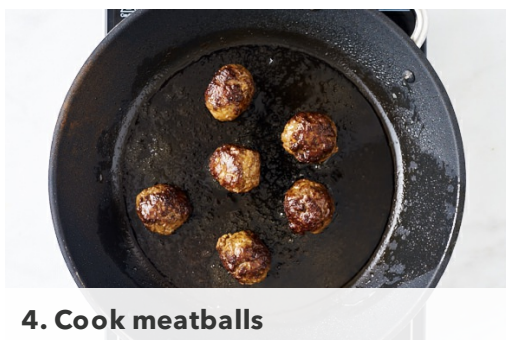
Nutrition per serving

Energy 650kcal, Fat 19.4g, Carbs 74.6g, Proteins 41.2g



1. Cook rice

Rinse the **rice** until the water runs clear. 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 the **remaining 3 tsp 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

Meanwhile, put the **five-spice** in a dry medium 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**, **½ 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.



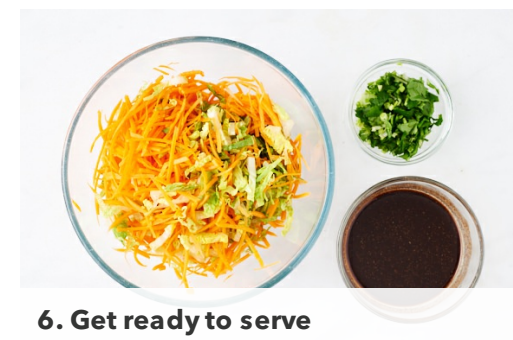
3. Prepare dressing

Put the **rice wine vinegar**, **soy sauce**, **sugar**, **3 tsp oil** and the **remaining five-spice** in a bowl and stir until the sugar has dissolved.



5. Prepare salad

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



6. Get ready to serve

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