



Sticky Asian meatballs

Recipe by Kate Caire



Serves 6



Prep: 15 minutes

Cook: 20 minutes

INGREDIENTS

The balls:

- 1kg pork or beef mince
- 1½ teaspoons sesame oil
- 1 cup breadcrumbs
- ½ teaspoon minced ginger
- 2 eggs
- 2 cloves minced garlic

The sauce:

- 1 cup hoisin sauce
- ⅓ cup rice vinegar
- 2 tablespoons honey
- 2 cloves minced garlic
- ¼ cup soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon minced ginger

To serve:

- Rice
- Steamed greens (broccoli, pak choi/bok choy, carrot)
- Spring onions
- Sesame seeds

DIRECTIONS

1. Preheat oven to 180°. Line a baking tray with baking paper and set aside.
2. In a large bowl, combine all the meatball ingredients until well mixed. Shape into 3cm balls or to your liking. Place the meatballs on the prepared tray and cook for 18-20 minutes or until the meat is no longer pink.
3. Meanwhile, combine all of the sauce ingredients in a saucepan and bring to a boil over medium-high heat. Allow the sauce to gently boil until it thickens slightly (about 3-5 minutes). Remove from heat and set aside.
4. When the meatballs have finished cooking, stir them into the sauce and coat them well.
5. Serve the meatballs over rice with steamed greens. Sprinkle with spring onions and sesame seeds.



Afternoons

with Joel Rheinberger
on 936AM and the ABC listen app

