KIKKOMAN

Meatballs Chinese style

Total time **25 mins** **15 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
3,274 kJ / 782 kcal

Fat: **39.1 g** Protein: **42.9 g**
Carbohydrates: **63.3 g**

INGREDIENTS

2 portion(s)

100 g	glass noodles
2	shallots
15 g	ginger
0.5	chilli pepper
3.5	cloves of garlic
2.5 tbsp	oil
1 tbsp	Spring onion (chopped)
400 g	minced pork and beef
1	egg
0.5 tsp	Chinese seasoning, 5-spice
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
4 tbsp	Kikkoman Teriyaki Marinade
1 tsp	toasted sesame seeds
0.5 tsp	chilli flakes
2 tbsp	coriander
100 g	cooked jasmine rice

PREPARATION

Step 1

100 g glass noodles
Cook the glass noodles according to the instructions on the packet, rinse with cold water and cut into smaller pieces with scissors. Place in a bowl.

Step 2

2 shallots - **15 g** ginger - **0.5** chilli pepper - **3.5** cloves of garlic - **2.5 tbsp** oil - **1 tbsp** Spring onion (chopped)
Finely chop shallots, ginger, chilli and garlic. Pour oil into a pan and add the chopped vegetables (including the spring onion). Sauté for about 1 minute, then add to the noodles.

Step 3

400 g minced pork and beef - **1** egg - **0.5 tsp** Chinese seasoning, 5-spice
Add the mince, egg, and remaining herbs and spices to the bowl with the noodles and vegetables and mix thoroughly. Shape the mixture into balls about 3-4 cm in diameter.

Step 4

2 tbsp Kikkoman Naturally Brewed Soy Sauce - **2 tbsp** Kikkoman Teriyaki Marinade - **1 tsp** toasted sesame seeds - **0.5 tsp** chilli flakes - **2 tbsp** coriander - **100 g** cooked jasmine rice
Fry the meatballs in a pan until golden brown. Add Kikkoman Soy Sauce and Kikkoman Teriyaki Marinade and mix well. Place the finished dish in a bowl, sprinkle with sesame seeds and chilli flakes and garnish with chopped coriander. Serve with the jasmine rice.