

Lamb Hoisin Meatballs with Asian Noodle Salad

Lamb is the slightly unusual twist in these Asian-style meatballs, adding an extra kick of flavour you're going to love. They're perfectly at home with this fresh zingy salad with vermicelli rice noodles.



Prep: 15 mins Cook: 20 mins Total: 35 mins



level 1



spicy



high protein

Pantry Items











Salt-Reduced Sesame Oil Soy Sauce



Vermicelli Rice Noodles





Hoisin Sauce





Long Red Chilli









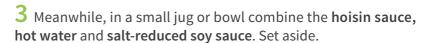


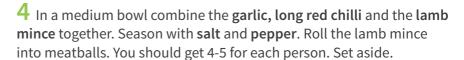
2P	4P	Ingredients		Ingredient features		
½ packet	1 packet	vermicelli rice noodles		in another		
2 tbs	4 tbs	olive oil *		* Pantry Items		
1 tub	2 tubs	hoisin sauce				
1 tbs	2 tbs	hot water *		Pre-preparation		
1 tbs	2 tbs	salt-reduced soy sauce *				
1 clove	2 cloves	garlic, peeled & crushed	4	Nutrition per serve		
1	2	long red chilli, finely chopped	4	Energy Protein	2890 37.2	Kj g
1 packet	2 packets	lamb mince		Fat, total	32.4	g
1 packet	2 packets	green beans, ends trimmed		-saturated	7.8	g
1	2	carrot, peeled into ribbons		Carbohydrate	61	g
1 tbs	2 tbs	sesame oil *		-sugars	17.2	g
½ bunch	1 bunch	coriander, leaves picked & roughly chopped		Sodium	1030	mg



You will need: chef's knife, chopping board, garlic crusher, vegetable peeler, kettle, large bowl, sieve, small jug or bowl, two medium bowls, medium frying pan, tongs and aluminium foil.

- 1 Bring a full kettle of water to the boil.
- 2 Place the **vermicelli rice noodles** in a large bowl and pour over the boiling water. Set aside for **10 minutes**, or until completely softened and heated through. Drain and return to the bowl. Toss the noodles in half the **olive oil** to stop them from sticking. Set aside.





5 Heat the remaining olive oil in a medium frying pan over medium heat. Cook meatballs, turning, for 8 minutes, or until golden and cooked through. Transfer to a second bowl. Cover with foil to keep warm. In the same frying pan, throw in the green beans, carrot and

sesame oil and cook for 2-3 minutes, or until tender. Set aside.

6 To serve, divide the vermicelli noodles, stir fried vegetables and hoisin lamb patties between plates. Pour over the hoisin dressing and sprinkle with the **coriander**. Enjoy!







Did you know? Hoisin in Chinese means 'seafood', but the sauce does not contain any seafood ingredients.