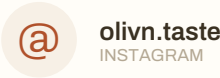


CHICKEN · DINNER · SESAME · BROCCOLI · RICE · GLAZED

Sesame-Ginger Chicken Meatballs



olivn.taste
INSTAGRAM

Sticky sesame-ginger chicken meatballs with roasted broccoli and jasmine rice.

PREP 25 min	COOK 25 min	SERVES 4	LEVEL Medium
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Ingredients

20 ITEMS

FOR THE MEATBALLS

Chicken mince	500 g	Panko breadcrumbs	50 g
Egg	1	Spring onions	3
Garlic cloves	2	Fresh ginger	15 g
Light soy sauce	1 tbsp	Toasted sesame oil	1 tsp
Fine sea salt	0.5 tsp		

FOR THE GLAZE

Light soy sauce	3 tbsp	Runny honey	2 tbsp
Rice vinegar	1 tbsp	Sriracha	1 tsp
Cornflour	1 tsp	Water	60 ml

TO SERVE

Broccoli	400 g	Neutral oil	1 tbsp
Toasted sesame seeds	2 tsp	Cooked jasmine rice	300 g
Lime	1		

Method

6 STEPS

- 1 Heat the oven to 220°C conventional / 200°C fan. Toss the broccoli with the neutral oil and a pinch of the salt on one side of a large lined tray.

- 2 In a bowl, mix the chicken mince, panko breadcrumbs, egg, two-thirds of the spring onions, garlic, ginger, soy sauce, sesame oil and the remaining salt just until combined. Shape into 20 meatballs with damp hands and arrange them on the other side of the tray.
- 3 Roast for 15 minutes. Turn the broccoli and meatballs, then roast for 6 to 8 minutes more, until the meatballs reach 74°C and the broccoli is browned at the tips.
- 4 Whisk the soy sauce, honey, rice vinegar, sriracha, cornflour and water in a wide frying pan. Simmer for 2 minutes until glossy.
- 5 Add the cooked meatballs to the pan and toss over medium heat for 2 minutes until evenly glazed.
- 6 Divide the jasmine rice among bowls, top with the roasted broccoli and glazed meatballs, then finish with sesame seeds, the remaining spring onions and lime wedges.