

GLAZED BEEF MEATBALL BOWL

SIMPLE • NOURISHING • FAMILY-FRIENDLY

4-5 servings

30 minutes



INGREDIENTS

MEATBALLS

500g Beef Mince
1/4 cup Panko Breadcrumbs
1 Egg (whisked)
2 Spring Onions, finely sliced
2 Cloves Garlic, Crushed
1 tspn Grated Ginger
Salt & Pepper to taste

GLAZE

1/2 cup Soy Sauce or Tamari
1/2 cup Honey
3 tspn Sesame Oil
1/3 Cup Mirin

RICE

2 cups Rice

VEGETABLES

1 head Broccoli Florets
300g Snow Peas

DIRECTIONS

1. In a large bowl, combine all meatball ingredients and mix gently until just combined
2. Roll into 24 small, even meatballs.
3. Refrigerate for 15-60 minutes to set.
4. Cut Broccoli Florets and trim Snow Peas.
5. In a jug, add the soy sauce, honey, sesame oil, and mirin. Stir to combine.
6. Heat a large pan over medium heat and cook meatballs, turning gently, until browned and cooked through. Remove and set aside.
7. Pour the glaze ingredients into the same pan, bring to a gentle simmer and allow the sauce to reduce slightly and thicken.
8. Return the meatballs to the pan and gently coat them in the glaze, and cook for a further 5 mins.
9. Remove meatballs from pan.
10. Serve with rice, broccoli, and snow peas.

Simple food. Gentle care.

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