

Less than 30 minutes

Serves 3-4

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Ingredients:

- 500g chicken mince
- 2 spring onions, chopped
- 1 Tbsp (15ml) sesame oil
- 1 Tbsp (15ml) soy sauce
- 1 tsp (5ml) ginger and garlic paste
- 1 tsp (5ml) mirin
- Salt and milled pepper
- Glug olive or canola oil, for frying

Sauce:

- ¼ cup (60ml) soy sauce
- ¼ cup (60ml) oyster sauce
- 1 clove garlic, bruised
- 2 tsp (10ml) honey
- Splash water
- 1 packet (200g) fine green beans, blanched
- 2 Tbsp (30ml) sesame seeds, toasted
- Handful microherbs or bean sprouts, for serving

GOOD IDEA

Works great as a lunchbox filler – make a batch on Sunday for protein snacks at the ready.

Method:

1. Combine meatball ingredients and roll into 3cm balls.
2. Heat oil in a pan and fry meatballs for about 10 minutes or until golden all over and cooked through.
3. Combine sauce ingredients in a pan and cook for 3-5 minutes or until sticky.
4. Serve chicken meatballs on a bed of green beans and sprinkle with sesame seeds and microherbs or bean sprouts.