

Sticky Hoisin & Sesame Meatballs



Serves 6

Prep 15 mins

Cooking 30 mins

Easy

Ingredients

For the meatballs

500g lean pork mince
1 egg, lightly beaten
80g fresh breadcrumbs
4 spring onions, finely sliced
1 tbsp soy sauce
splash of sunflower oil

For the hoisin glaze

100ml hoisin sauce
2 tbsp soy sauce
1 tbsp rice vinegar
2 tbsp honey
1 tbsp sesame seeds

200g tender stem broccoli
4 nests of wholemeal egg noodles

1. Line a large baking tray with parchment paper and lightly brush with oil.
2. Combine all the ingredients for the meatballs in a large bowl, wet your hands and roll the mixture into 24 small balls, placing them on the baking trays as you go. You can leave them to chill in the fridge until ready to cook, or bake straight away.
3. Heat oven to 180C/160C fan/gas 4 and place the meatballs on the centre shelf. Bake for 15-20 mins, turning halfway through cooking.
4. Meanwhile, whisk together the glaze ingredients and simmer the broccoli for 2 mins in a pan of boiling water, then transfer to a bowl of cold water.
5. Add the glaze to a wok or large frying pan and set over a medium heat. Bring to a simmer, add the cooked meatballs and heat gently for about 5 mins until the glaze begins to thicken and the meatballs are coated. Add the broccoli and cook for a further 2 mins.
6. Cook the noodles as per packet instructions and serve alongside the meatballs, spooning any leftover glaze over the top.