



### Product Spotlight: Broccoli

Broccoli is one of the healthiest veggies because of its nutritional makeup; it is full of fibre, antioxidants, and vitamin C, which aids in iron absorption!



## Coriander Chicken Meatballs with Green Stir-Fry

Homemade free-range chicken mince and coriander meatballs, glazed in sweet and savoury teriyaki sauce, served over rice noodles with a health-in-a-bowl green stir fry!



25 minutes



2 servings



Chicken

15 September 2023

## Sticky noodles?!

*If your noodles begin to stick together after you have cooked and drained them, take them back to the sink in a strainer. Place under cold, gently running water and use clean hands to lift the noodles to separate them.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	4g	91g

## FROM YOUR BOX

RICE VERMICELLI NOODLES	150g
SPRING ONIONS	1 bunch
BROCCOLI	1
KAI LAN	1 bunch
GARLIC CLOVES	2
CORIANDER	1 packet
CHICKEN BREAST MINCE	300g
TERIYAKI SAUCE	1 sachet
RED CHILLI	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

frypan,, saucepan

## NOTES

We used sesame oil for extra flavour.

Remove seeds from chilli for a milder heat.



### 1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook for 8-12 minutes until tender. Drain and rinse well with cold water to stop the cooking process.



### 2. PREPARE THE VEGETABLES

Slice spring onions into 3cm pieces (reserve green tops for garnish). Cut broccoli into florets. Trim and third kai lan. Crush garlic cloves. Finely chop coriander stems (reserve for step 4) and pick leaves.



### 3. STIR-FRY THE VEGETABLES

Heat a large frypan over medium-high heat with **oil** (see notes). Add spring onions, broccoli, kai lan stems and garlic to pan. Stir-fry for 3 minutes. Add kai lan leaves and cook for a further minute to wilt. Season to taste with **salt and pepper**. Remove from pan and keep pan over heat (see step 4).



### 4. COOK THE MEATBALLS

While stir-fry cooks, add chicken mince to a bowl along with coriander stems, **salt and pepper**. Mix to combine. Once stir-fry is removed from pan, add extra oil to pan. Add tablespoonfuls of mince and cook for 4-6 minutes until browned.



### 5. GLAZE THE MEATBALLS

Add teriyaki sauce to pan along with **2 tbsp water**. Cook for 2 minutes, turning meatballs, to glaze.



### 6. FINISH AND SERVE

Thinly slice chilli (see notes).

Divide noodles evenly among bowls. Add meatballs and spoon in glaze from pan. Garnish with spring onion green tops, coriander and chilli. Serve with a side of stir-fry.



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