

# Beyond Meat Bun Cha:

## Vietnamese Meatless Meatballs with Noodles and Salad

hellóchef

Time to ditch the knife and fork and get stuck in!

Cals 766 • Prot 34 • Carbs 90 • Fat 33

Vegan

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🕒 cook: 30 min

R2955





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Meatballs	2 ppl	3 ppl	4 ppl	
Spring onion	40	60	80	Grams
Panko bread crumbs <b>10*</b> , <b>11*</b> , <b>12*</b>	20	20	40	Grams
Ginger powder	4	5	8	Grams
Brown sugar	5	5	10	Grams
Soy sauce <b>9*</b> , <b>10*</b> , <b>11*</b>	10	20	20	ML
Vegetable oil	1	2	2	Tbsp
Beyond Meat patty	2	3	4	Piece

Sides				
Salted peanuts <b>1*</b>	40	60	80	Grams
Carrot	1	1	2	Piece
Boston lettuce	1	1	2	Piece
Large red chilli	1	1	2	Piece
Fresh coriander	15	15	30	Grams
Fresh mint	10	20	20	Grams
Rice vermicelli <b>10*</b>	100	100	150	Grams

Sauce				
Garlic cloves	1	1	2	Piece
Lime	2	3	4	Piece
Sweet chilli sauce	40	60	80	ML
Soy sauce <b>9*</b> , <b>10*</b> , <b>11*</b>	20	20	30	ML
Water	15	20	30	ML
Salt	0.5	0.5	1	Tsp

Allergens

\*10 Wheat, \*11 Gluten, \*12 Lupin, \*9 Soya, \*1 Peanuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3197 / 766
Fat (g)	33.3
of which saturates (g)	8.5
Carbohydrate (g)	90
of which sugars (g)	24
Fiber (g)	10.8
Protein (g)	34
Salt (g)	7.9

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep meatballs

Finely slice the **spring onion**. Crumble the **patties** into a large bowl. Add the **panko bread crumbs, ginger powder, spring onion, brown sugar** and the first load of **soy sauce**. With clean hands, knead until all the ingredients are fully combined. Divide the mixture into (10/15/20) pieces and shape each piece into a **meatball**. Refrigerate.



2 Make sauce

Peel and mince the **garlic** into a bowl. Squeeze the **limes** into the bowl. Add the **sweet chilli sauce** and the second load of **soy sauce**. Mix with a splash of cold water, season with **salt** and set aside.  
**Tip!** Making the sauce in advance takes the harsh edge off the raw garlic.



3 Prep

Finely chop the **peanuts**. Peel and slice the **carrot** into thin matchsticks. Wash and separate the **Boston lettuce** leaves. Finely slice the **chilli**. Pick the **coriander** and **mint** leaves.



4 Soak vermicelli

Add the **rice vermicelli** to a pot or bowl and cover with boiling water. Stir once, then cover with a lid or cling film. Leave to soften for 4-5 min. Drain once tender and run under cold water to stop them from sticking together.



5 Fry meatballs

Meanwhile, heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **meatballs** and fry for 5 min or until browned all over. Cover with a lid and cook for 2 min further or until cooked through.



6 Serve

Divide the individual components among bowls or plates and enjoy either as a salad or as finger food (wrap a **meatball**, some **noodles, herbs, carrots** and **peanuts** in a **lettuce** leaf before dipping the lot in the **sauce**).  
**Tip!** Wrap a [b]meatball[/b], some [b]noodles[/b], [b]herbs[/b], carrots and peanuts in a lettuce leaf before dipping the lot in the sauce.