

Honey Glazed Chicken Miso Meatballs

with Rainbow Slaw

hellóchef

Miso is a Japanese paste made from fermented soya beans. It's packed with umami and most commonly used in soups. Here we use it in chicken meatballs!

Cals 1014 • Prot 65 • Carbs 55 • Fat 64

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 45 min

R3261



Before you start

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

Ingredients

Chicken meatballs

	2 ppl	3 ppl	4 ppl	
Chicken mince	400	600	800	Grams
Shallots	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Ginger	30	45	60	Grams
Almond flour 1* , 2*	40	60	80	Grams
Soy sauce 9* , 10* , 11*	20	30	40	ML
Organic Eggs 5*	1	1	2	Piece
Miso paste 9*	20	30	40	Grams
Vegetable oil	2	3	4	Tbsp
Honey	15	15	30	Grams
Rice vinegar	30	45	60	ML

Rainbow slaw

Carrot	1	1	2	Piece
Snow peas	100	150	200	Grams
Red cabbage	300	300	450	Grams
Spring onion	40	60	80	Grams
Lime	1	1	2	Piece
Sesame oil 3* , 9*	15	22	30	ML
Fresh coriander	15	15	15	Grams
Sesame seeds 3*	10	15	20	Grams

Sriracha mayo

Mayonnaise 5* , 9* , 13*	50	75	100	Grams
Sriracha sauce	14	21	28	Grams
Salt	0.5	0.5	1	Tsp

Allergens

***1 Peanuts, *2 Tree Nuts, *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *3 Sesame Seeds, *13 Mustard**

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)	4244 / 1014
Fat (g)	64.3
of which saturates (g)	12.4
Carbohydrate (g)	55
of which sugars (g)	24
Fiber (g)	12.8
Protein (g)	64.8
Salt (g)	3.4

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



1 Make meatballs

Peel and very finely chop the **shallots**. Peel and grate the **garlic** and **ginger**. Place the **chicken mince, almond flour, shallots, garlic, ginger**, half the **soy sauce, eggs** and **miso paste** in a large bowl. With clean hands, knead the mixture well until soft and fully combined. Shape into small **meatballs** and refrigerate.

Tip! The longer you knead the mince meat mixture, the more tender your meatballs will become. They'll also stick together better!



2 Mix

In a small bowl, combine the **mayonnaise, sriracha** and a pinch of **salt**. Set aside. This is your **sriracha mayonnaise**.



3 Prep

Peel and grate the **carrots**. Slice the **snow peas**, lengthways. Slice the **red cabbage** and **spring onion** as finely as possible. Juice the **lime**. Toss the **carrots, snow peas, spring onion, red cabbage, sesame oil** and **lime** juice in a bowl with the remaining **soy sauce**. Massage for 30 sec or until soft.



4 Fry meatballs

Heat a large non-stick pan with a lid over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **chicken meatballs** and cook for 6 min or until browned. Reduce the heat and add the **honey** and **rice vinegar**. Cover with the lid and cook for 5 min further.



5 Serve

Divide the **meatballs** and **salad** among plates. Drizzle with the **sriracha mayonnaise** and garnish with the **fresh coriander** leaves and **sesame seeds**.