Spicy meatballs with vegetable salad



Used Bresc products



Bresc Garlic chopped 1000g



Bresc Garlic chopped 450g



Bresc Green & red chilli WOK 450g



Bresc Lemongrass puree 450g



Bresc Red chilli puree 450g

Ingredients

6

For the meatballs

- 500 g mince, 50% beef and 50% pork
- 20 g oyster sauce
- 40 g shallot, chopped
- 15 g coriander, chopped
- 10 g Bresc Lemongrass puree
- 10 g Bresc Garlic chopped
- 20 g fish sauce
- 20 g soy sauce
- 4 g Bresc Red chilli puree
- 10 g Bresc WOKchilli
- sweet chilli sauce

For the vegetable salad

- ½ head Chinese cabbage
- 200 g bean sprouts
- 1 green sweet pepper
- 1 red sweet pepper
- 1 carrot
- 50 g shiitake
- 10 g soy sauce
- 8 g rice vinegar
- 10 g fish sauce
- coarsely ground black pepper
- coriander
- mint

Preparation method

Slice the sweet peppers and cabbage into strips. Grate the carrot into slices. Steam the vegetables until they are al dente and marinate them in the soy sauce, fish sauce, vinegar and the chilli. Brown the shallot and mix into the mince together with the remaining ingredients. If the mince is too moist, add some breadcrumbs or a little flour as necessary. Shape into small balls. Cook them in the oven at 180 degrees for 15 to 20 until golden-brown. Serve them with the salad and sweet chilli sauce and garnish them with mint and coriander.

Bresc BV Jakobsstaf 6 4251 LW Werkendam The Netherlands T. +31 (0) 183 200 000