

Cajun and Lime Infused Mini Meatball served with Vegetable Noodle Chow Mein and a Sweet and Sour Sauce

Ingredients

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| 1 Onion Sliced thinly | 4 good dashes Light Soy Sauce |
| 1 Garlic Clove crushed | 1 fresh Lime squeezed |
| 15g Fresh Ginger grated | 1 tsp Cajun Spice |
| 1 small Red Pepper sliced | 15g Fresh Coriander finely chopped |
| 1 small Yellow Pepper sliced | 1 tbs Vegetable Oil |
| 50g Beansprouts | 150ml Malt Vinegar |
| 4 Spring Onions thinly sliced | 150ml Water |
| 200g Medium Egg Noodles soaked | 150g Granulated Sugar |
| 500g Minced Beef or Minced Lamb | 200g Tomato Puree |

Method

1. In a large bowl mix the minced beef, fresh lime, Cajun spice and fresh coriander. This mix is best left to marinade for 1 hour.
2. Roll the mixture into equal size balls the size of a large marble. Steam the meat balls for 10 minutes or place on a wire rack on a roasting tin with a little water covered with foil leaving room between the meat balls and the top of the foil and place in the oven for 15 minutes.
3. Meanwhile in a wok heat the oil and flash fry the garlic, ginger and onions until soft, add the peppers and cook for 2 minutes. Add the beansprouts, spring onion and soy sauce, cook for one minute and stir through the noodles until hot.
4. For the sweet and sour sauce in a small saucepan heat the vinegar, sugar and water and bring to the boil, gradually stir in the tomato puree until you have the consistency that the sauce will coat the back of a metal spoon.
5. With a pair of tongues carefully divide the chow mein noodle mix into the centre of four plates, place the meat balls onto the chow mein and coat the meat balls with the sweet and sour sauce.
6. Serve and enjoy!