

# #AUSAdapts COOKING AT HOME

## 4-Step Asian Pork Meatballs



PREP TIME: 10MIN | COOKING TIME: 25MIN

### Ingredients

- 500g heart smart extra lean pork mince
- 2 spring onions, chopped
- 2cm-piece fresh ginger, peeled, finely grated
- 2 garlic cloves, crushed
- 1 bunch coriander
- Olive oil spray
- 450g microwave brown rice
- 520g Woolworths crunchynoodle coleslaw kit
- 300g shredded carrot



### Method

Preheat oven to 200°C.

Combine mince, spring onion, ginger and garlic in a bowl. Finely chop coriander root and 3cm of stalks. Remove coriander sprigs and set aside. Add chopped coriander to mince. Stir until well combined. Form tablespoons of mixture into balls and place on a plate.

Heat a non-stick frying pan over medium heat. Spray with oil. Add meatballs and cook for 10 minutes, shaking pan occasionally, or until meatballs are browned all over. Add 1/2 cup water and bring to the boil.

Transfer mixture to a shallow baking dish and place in oven. Bake meatballs for 10 minutes or until cooked through.

Cook microwave rice as per packet instructions.

Serve meatballs with coleslaw mixed with carrot and rice. Top with coriander sprigs.

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