

 Preparation: 10 mins
Cooking: 15 mins

 Serves: 4

 Difficulty: easy



Sticky beef meatballs

These sticky beef meatballs are proof that great flavour doesn't have to mean hours in the kitchen. Ready in under 30 minutes, this Asian-inspired dish is perfect whether you're looking for a speedy midweek dinner, a crowd-pleasing party snack or something a little different for the barbecue.

INGREDIENTS

- 500g minced beef
- ½ tsp salt
- ½ tsp chilli flakes
- 4 garlic cloves, crushed
- 3cm piece of fresh ginger, peeled and grated
- 1 egg
- 40ml dark soy sauce
- 1 tsp cornflour
- 2 tsp sesame oil
- 2 tsp runny honey
- 80ml teriyaki sauce
- Juice of ½ lemon
- 2 tsp sesame seeds

RECIPE

1. Preheat the oven to 220°C/200°C fan/gas 7.
2. In a large bowl, combine the beef, salt, chilli flakes, garlic, ginger and egg. Mix well, then roll into approximately 20 evenly sized balls.
3. Arrange the meatballs in a deep non-stick roasting tray and bake for about 10 minutes, turning them at the halfway point, until browned and cooked through.
4. Meanwhile, pour the soy sauce into a small pan and stir in the cornflour until fully dissolved.
5. Add the sesame oil, honey, teriyaki sauce and lemon juice and bring to a gentle simmer. Cook for around 5 minutes, whisking occasionally, until the sauce has thickened.
6. Remove the meatballs from the oven, pour over the sticky sauce and toss until evenly coated.

Sprinkle over the sesame seeds and serve immediately. Enjoy the meatballs on their own as a party snack, or serve with fluffy rice and steamed broccoli or a crunchy salad as a satisfying main.

