

# MEATBALLS IN SWEET SAUCE WITH BROCCOLI AND RICE

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2 persons / 575 kcal per serving

## Ingredients:

- 150 grams lean ground beef
- 1/3 egg
- 1½ tablespoon breadcrumbs
- 1/3 teaspoon ginger powder
- 1/3 teaspoon garlic powder
- 2 small (red) onions
- 15 ml vinegar
- 70 ml ketchup
- 2/3 tablespoon sweet soy sauce
- 1 tablespoon caster sugar
- 1 tablespoon oil
- 1 teaspoon sambal
- 130 grams rice
- 200 grams broccoli
- pepper and salt



## Preparation:

Cook the rice according to the instructions on the package. Add the minced meat, ginger powder, pinch of salt and pepper, garlic powder, breadcrumbs and egg together in a bowl and knead well. Use the meatloaf to make small meatballs of the same size. Heat the oil in a large skillet. Add the meatballs to the pan and cook for 8-10 minutes. Meanwhile, cut the florets from the broccoli and cook them in boiling water with some salt for 4-5 minutes. Cut the onion in half rings. Remove the meatballs from the pan and set aside. Fry the onions in the fat of the meatballs until translucent. Now add the vinegar, ketchup, sweet soy sauce, sambal and caster sugar. Let this boil for 3 minutes. Add the meatballs and stir into the sauce. Serve with rice and broccoli.

## Nutritional value per portion:

Energy:	575 kcal
Protein:	26.9 grams
Carbohydrates:	70.3 grams
- including sugars:	16.2 grams
Fat:	18.8 grams
Fiber:	5.9 grams
Salt:	2.1 grams