

ORIENTAL MEATBALLS WITH CAULIFLOWER RICE

2 persons / 577 kcal per portion

Ingredients:

- 100 grams shrimps
- 2 spring onions
- 300 grams minced meat
- ½ cm fresh ginger root
- ½ Chinese cabbage
- 1½ tablespoon medium dry sherry
- 1 tablespoons cornstarch
- 2 tablespoons oil
- 50 ml chicken stock
- 1 tablespoon soy sauce
- 400 grams cauliflower rice
- pepper and salt



Preparation:

Peel the ginger and grate it finely. Cut the Chinese cabbage into thin strips. Chop the shrimps and the spring onions and mix them with the minced meat, ginger, cornflour and salt and pepper to taste. Knead the minced meat well and turn 8 small balls with moist hands. Heat the oil in a frying pan and fry the meatballs on high heat all around brown. Spoon the balls onto a plate and keep warm. Spoon the Chinese cabbage into the shortening and add the chicken stock, sherry and soy sauce. Bring to the boil and let the cabbage shrink. Place the meatballs on the Chinese cabbage and let them simmer for 15 minutes on low heat. Bring water to the boil with some salt and cook the cauliflower rice for 1-2 minutes.

Nutritional value per portion:

| | |
|---------------------|------------|
| Energy: | 577 kcal |
| Protein: | 45.5 grams |
| Carbohydrates: | 11.9 grams |
| - including sugars: | 7.6 grams |
| Fat: | 35.9 grams |
| Fiber: | 6.0 grams |
| Salt: | 3.1 grams |