



**DropChef**  


## Vietnamese Meatballs with Shredded Carrot & Sesame Rice Noodles

Make your own delicious Asian-inspired meatballs with flavours of chilli, ginger and honey. Shredded carrot mixes in with the noodles and, together with the flaked almonds and fresh coriander make the dish packed full of flavour

### Nutritional Info

Calories: 849 kcal  
Carbohydrates: 53 g  
Protein: 44 g  
Fat: 49 g

### Ingredients

- Beef Mince
- Red Chilli
- Carrot
- Ginger
- Coriander
- Lime
- Flaked Almonds
- Rice Noodles
- Honey
- Egg
- Fish Sauce
- Sesame Oil
- Sweet Soy Sauce

### Your Pantry

- Olive/Rapeseed Oil

### Allergens


[Egg \(Egg\)](#)  
[Nuts \(Almonds\)](#)  
[Fish \(Fish Sauce\)](#)  
[Wheat \(Soy Sauce\)](#)  
[Soy \(Soy Sauce\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) **Preheat the oven to 200°C & boil the kettle**

### 2) **Prepare the vegetables**

Peel and finely chop the ginger and the chilli. Peel and grate the carrot. Set the grated carrot aside.

### 3) **Beat the egg**

Break the egg into a bowl and beat it with a fork. Set the beaten egg aside for the moment, you'll need it to bind the meatballs in the next step.

### 4) **Make the meatballs**

Put the mince into a large bowl and with a spoon break it apart. Add the ginger, chilli, fish sauce & 2/3 of the honey to the mince. Add 1/2 the beaten egg mixture. Now, mix all the ingredients together. Add the second half of the egg slowly so that you only use as much as is needed to get the mince to stick together. With your hands shape the mince into golf ball sized pieces.

### 5) **Bake the meatballs**

Place the meatballs on an oiled oven tray (for easy clean-up) and cook at 200°C for 10 minutes. Drizzle some of the left-over honey on top of the meatballs and cook for a further 5 minutes.

### 6) **Toast the almonds**

While the meatballs are cooking, move on to toasting the almonds. In a dry pan on a medium heat, toast the almonds until golden brown.

### 7) **Make the noodles**

When the meatballs have cooked, drop the rice noodles into a pot of boiling water and simmer for 3-4 minutes and then drain.

### 8) **Finish the dish**

Toss the noodles with the soy sauce, sesame oil, carrot and almonds. Serve with the meatballs, fresh coriander and a squeeze of lime on top.



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