

## Beef Teriyaki Balls

**Serves:** 8 (makes 24 meatballs)

**Prep time:** 20 minutes

**Cook time:** 20 minutes



1 serve per portion

### Ingredients

#### Meatballs:

500g lean beef mince  
1 onion, very finely chopped  
1 carrot, very finely chopped  
1 cup breadcrumbs  
2 tablespoons soy sauce  
2 teaspoons fresh ginger, grated  
1 egg, lightly beaten  
2 tablespoons sake  
2 tablespoon potato flour or corn flour  
Cracked black pepper  
2 tablespoons peanut oil

#### Teriyaki sauce:

$\frac{1}{3}$  cup soy sauce  
 $\frac{1}{3}$  cup sake  
 $\frac{1}{3}$  cup sugar  
 $\frac{1}{3}$  cup mirin  
 $\frac{1}{3}$  cup water

### Method

COMBINE all meatball ingredients except the peanut oil in large bowl and mix well.

ROLL mixture into evenly sized balls (roughly golf ball sized).

HEAT oil in frypan over medium heat and add meatballs. Fry until golden brown, remove and set aside. Repeat until all meatballs are cooked.

COMBINE teriyaki sauce ingredients in a small saucepan and cook until sauce thickens slightly (5-10 minutes).

PLACE meatballs in a bowl and coat with teriyaki sauce.

ADD salad vegetables to a large bowl and toss to combine. Drizzle over balsamic vinegar and olive oil just before serving.

SERVE salad together with the meatballs.



Everyday Food

#### Garden salad:

$\frac{1}{2}$  head lettuce, shredded  
1 medium cucumber, sliced  
 $\frac{1}{2}$  punnet cherry tomatoes, halved  
 $\frac{1}{2}$  small Spanish onion, sliced thinly  
2 tablespoons balsamic vinegar  
Extra virgin olive oil

*Recipe courtesy of the Country Kitchens team*