

# LOCKDOWN RECIPES



12th March 2021



## ASIAN SAUSAGE MEATBALLS

**PREPARATION TIME:**

Less than 30 mins

**COOKING TIME:**

10 - 30mins

**SERVES:**

2

It only takes minutes to make this delicious twist on the traditional stir-fry, with easy-to-make sausage meatballs.

### METHOD

Preheat the oven to 160C/140C Fan/Gas 3. Run a sharp knife down the centre of the sausages and peel off the skins. Break up the sausage meat and put it in a bowl. Finely chop a spring onion and add it to the bowl. Add the ginger, coriander stalks, 1 teaspoon soy sauce, half the garlic and chilli flakes and the sesame oil, if using. Mix well.

Roll the mixture into four large meatballs. Heat a teaspoon of the vegetable oil in a large frying pan or wok and cook the meatballs for 5–10 minutes, turning often, or until browned all over and cooked through. Transfer to a baking tray and place in the oven to keep warm.

Meanwhile, cook the noodles according to the packet instructions (or bring a pan of water to the boil, add the noodles and cook for 3 minutes). Drain and rinse under cold water.

Thinly slice the remaining two spring onions. Heat the remaining vegetable oil in the frying pan and add the remaining garlic and chilli flakes, the sliced spring onions and carrot and stir-fry for 2–3 minutes, or until beginning to soften. Add the noodles, beansprouts and remaining soy sauce and stir-fry for 2 minutes.

Add the meatballs and stir. Sprinkle with the coriander leaves, and more soy sauce if necessary, and serve immediately.

### INGREDIENTS

- 4 pork sausages
- 6 spring onions
- 4cm piece root ginger, grated
- 2 handfuls fresh coriander, leaves picked, stalks chopped
- 8 tsp dark soy sauce
- 4 small garlic cloves, finely chopped
- 4 pinches dried chilli flakes
- 2 tsp sesame oil (optional)
- 4 tsp vegetable oil
- 2 carrot, cut into thin matchsticks
- 2 nests dried egg noodles
- 2 Handfulls beansprouts