

Meatballs with Assorted Vegetables Recipe

Ingredients: Serves 4

300g minced pork
600g Chinese cabbage (bok choy)
4 black Shitake mushrooms
1 tablespoon chopped scallions
1 teaspoon chopped ginger

SEASONINGS A:

1 teaspoon smashed garlic
½ teaspoon ginger juice
1 tablespoon light soy sauce
½ tablespoon Chinese cooking wine
¼ teaspoon salt
1 egg white
½ tablespoon cornstarch

Seasonings B:

1 tablespoon light soy sauce
a pinch of salt or to taste
2 cups water
¼ teaspoon sesame oil

Method:

Mix minced pork and seasonings thoroughly. Use ½ tablespoon meat mixture to make an olive shaped ball, put on a plate (rub some oil on plate first). Place the meatballs into hot oil and deep-fry for 1½ minutes. Cut bok choy into wide strips, stir-fry until soft and drain. Soak black mushrooms and cut off stems. Heat 2 tablespoons oil to stir-fry chopped scallions and ginger. Add bok choy, black mushrooms and meatballs. Pour water in and simmer over low heat for 5 minutes. Season with seasonings B and then serve hot with steamed white jasmine rice.

[asian_free_recipes_download]/[asian_free_recipes_download]