

January Cook-a -long

Vietnamese Chicken Balls with Fresh Vegetable Salad and Edamame Brown Rice

300g chicken mince
50g chestnut mushrooms
1 tbsp coconut cream
100g brown rice
Edamame beans (approx 120g)
Bunch of spring onions
Lemongrass (fresh - approx 5cm piece)
Thumb size piece of ginger
3 garlic cloves
3 tbsp reduced salt soy sauce
Bunch of fresh coriander (I know a lot of people don't like coriander so please feel free to leave this out)
Olive oil / coconut oil (just to grease the baking tray)
1 1/2 tbsp Sesame oil
1 lime
Dried chilli flakes
2 carrots
Mangetout (1 bag or approx 160g)
20g raw unsalted cashews



- Boil a kettle of water and if you have an electric hob pop a ring on to heat.
- Preheat the oven to 200° and grease a baking tray (or 4 sections of a muffin/Yorkshire pudding tray – I've found these work quite well when cooking meatballs!) with a touch of oil.
- Pop the brown rice on to cook.
- Roughly chop the mushrooms, lemongrass, 2 garlic cloves, 5 cm piece of peeled ginger and 1 spring onion and pop them in a blender with the coconut cream, 2 tbsp of soy sauce and half the bunch of coriander. Blitz until forms a rough paste.
- Pop the chicken mince in a bowl, add the paste and mix well.
- Divide the mixture into 4 and form into balls (it can help to lightly wet your hands for this, so the mix doesn't stick to you).
- Pop the balls on your tray and in the oven for approximately 12 minutes.
- In a separate, small bowl, whisk together 1 tbsp sesame oil, 1 tbsp of soy sauce, zest and juice of 1 lime, ½ a garlic clove and a 2 cm piece of ginger both grated, and ½ tsp of dried chilli flakes.
- When the brown rice is almost ready chuck in the edamame beans in with it to defrost/cook. Drain after 2 minutes and coat with a little sesame oil.
- Slice through the mangetout lengthways and peel ribbons off the carrots with a peeler to form the salad and coat in the dressing.
- Roughly chop the cashews and a couple of spring onions for garnish.
- When the meatballs are cooked it's ready to serve.
- Sprinkle with the chopped nuts, spring onions and coriander leaves.

Pomegranate and pistachio “ice cream”

Rest of the carton of coconut cream

1 tsp Vanilla extract

1/2 pomegranate (extra to serve)

50g unroasted pistachios

Raspberries to serve

- Shake up the carton of coconut cream and pour into a flat-ish plastic container, an old takeaway container is perfect. Mix in the vanilla extract with a fork until combined and smooth.
- Cut the pomegranate in half and use a wooden spoon to hit the outside of the bulb to release the seeds into the container with the coconut cream.
- Roughly chop the pistachios and add $\frac{3}{4}$ to the coconut cream and pomegranate, mixing well.
- Put the lid on and put the mix in the freezer.
- When frozen serve with raspberries, the rest of the pistachios and some more pomegranate seeds.