



HealthMap
Gut Health Professionals



Japanese Ginger Meatballs

Prep time: 30 mins

Feeds: Up to 4 people

Cooking time: 30 mins

This is a beautiful meal full of lean protein, fibre, prebiotics, wholegrains and antioxidants. You can have this meal with green steamed vegetables (snow peas, broccoli, zucchini etc) and a wholegrain side. In my wholegrain side, I make a mix of brown rice, farro, split peas, quinoa and whatever other wholegrains I like at the time. I usually cook this up in a rice cooker. You can make a mix of your favourite wholegrains and store them in an airtight container so they are ready to go. They are full of prebiotic fibre, antioxidants and fibre that are all great for your gut bugs. I also use Kfibre when I mix the meat together to have yet more prebiotic fibre in it. Kfibre acts like a flour and I find I don't need as much cornflour. This meal serves 4 but I would make double and freeze the meatballs for another meal or take it for lunches during the week.

Meatball Ingredients:

1 x bunch of shallots finely chopped

250g x Lean Beef mince

250g x Lean Pork Mince

1 x large egg

1 x tablespoon of Kfibre (or just cornflour)

1 x tablespoon of cornflour

2 x cloves of garlic, pressed

2 x teaspoons of sesame oil

15-20 g x grated ginger (ginger can be strong so if you don't love it just use 10g-your gut bugs love it)

Sprinkle of pepper for seasoning

Extra virgin Olive oil

Ginger sauce ingredients:

20-30g x grated ginger

2 x tablespoons salt-reduced soy sauce

125ml x Dashi sauce (recipe below) or you can use dashi stock powder with water

2 x tablespoons of raw sugar

2 x tablespoons of mirin

2 x tablespoons Chinese rice wine or cooking Sake if you prefer)

1 x teaspoon cornflour

Method:

Mix together the mince, garlic, ginger, shallots (leave some to garnish), Kfibre, sesame oil, egg, pepper and then the cornflour as you need it to form a paste. The mixture needs to be doughy and firm to roll into small balls easily. Roll all the mixture into balls and put them on an oven tray to bake. This is healthier than frying them and they taste better. Throw some olive oil over them and bake them for about 10-15 mins on 180°C.

While they are cooking get your vegetables steaming and make your ginger sauce. Squeeze out the liquid from the grated ginger and add this into a bowl along with the rest of the ingredients. Mix it up so there are no lumps. It doesn't matter if you have a bit of the ginger pulp in there, just adds to the taste.

Once the meatballs are cooked (you can do this ahead of time and use them cold as you can heat them up in the next step) add them to a flat frypan with some Extra virgin olive oil and wait until it's hot! Pour in the sauce and swirl the meatballs around so they get covered. Once the sauce has thickened you can serve it with your wholegrain mix and steamed vegetables.

How to make the Dashi stock:

If you want to make your own dashi sauce this is what you do. Get a bag of dried seaweed (usually 35g) and a bag of bonito flakes (~30g-if you don't like the smell of fish be warned) and 1.5 litres of water. Soak the seaweed for 2-3 hours and then heat them in a saucepan. Remove the seaweed just before the water boils and add the bonito flakes again removing them just before the water boils. Strain the liquid and it's ready. You can freeze the leftover dashi stock for another dish.