

Fragrant Sach Ko Ang Inspired Beef Meatball Baguette

with Pickled Carrot Salad and Peanuts

A Taste of Cambodia 30-35 Minutes • 1 of your 5 a day • Under 650 Calories



Bamboo Skewers



Garlic Clove



Carrot



Rice Vinegar



Soy Sauce



Ginger, Garlic & Lemongrass Puree



Breadcrumbs



British Beef and Pork Mince



SlooOW Stone Oven White Baguette



Salted Peanuts



Baby Leaf Mix



A lasting French influence means Cambodia, like Vietnam, eats more bread than almost every other country in Asia. A French style baguette is most popular, which is what we've filled with a deliciously fragrant skewer of beef meatballs, with flavours inspired by the Cambodian street food dish sach ko ang. Though typically made with diced beef, we've made meatballs to carry the flavour!

Pantry Items

Oil, Salt, Pepper, Sugar, Honey, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Garlic press, peeler, bowl, baking tray and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Bamboo Skewers	4	6	8
Garlic Clove**	2	3	4
Carrot**	1	2	2
Rice Vinegar	15ml	22ml	30ml
Soy Sauce 11 13	15ml	25ml	30ml
Ginger, Garlic & Lemongrass Puree	22g	37g	44g
Breadcrumbs 13	10g	25g	25g
British Beef and Pork Mince**	240g	360g	480g
SlooOW Stone Oven White Baguette 3 11 13	1	2	2
Salted Peanuts 1	25g	40g	40g
Baby Leaf Mix**	50g	70g	100g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	307g	100g
Energy (kJ/kcal)	2642/631	859/205
Fat (g)	40.9	13.3
Sat. Fat (g)	8.4	2.7
Carbohydrate (g)	33.6	10.9
Sugars (g)	13.6	4.4
Protein (g)	31.3	10.2
Salt (g)	3.02	0.98

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **3)** Sesame **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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1



Pickle the Carrot

Preheat your oven to 220°C/200°C fan/gas mark 7. Soak your **skewers** in **cold water** (this will prevent them from burning).

Peel and grate the **garlic** (or use a garlic press).

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

In a medium bowl, combine the **rice vinegar** and **sugar** (see pantry for amount). Season with **salt**, then add the **carrot ribbons**. Toss to coat, then set aside to pickle.

4



Bring on the Baguette

Next, bake the **baguette** on the middle shelf of your oven until toasted and golden, 10-12 mins.

Once baked, allow to cool slightly.

Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.

2

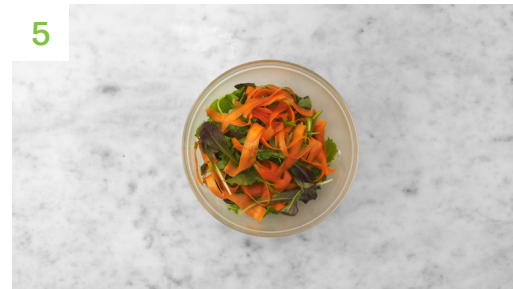


Make your Meatballs

In a large bowl, combine the **garlic**, **soy sauce**, **ginger**, **garlic & lemongrass puree**, **breadcrumbs** and the **water for the breadcrumbs** (see pantry for amount), then add the **beef and pork mince**. Season with **salt** and **pepper**.

Mix together with your hands and roll into evenly-sized balls, 6 per person. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

5



Finishing Touches

When everything's ready, drizzle the **honey** (see pantry for amount) over the **meatballs** and turn to glaze.

Add the **baby leaves** to the **carrot pickle**, along with a drizzle of **oil**. Toss to combine.

Slice the **baguette** to make two halves, then slice through the middle to open.

3



Time to Bake

Thread the **meatballs** onto the **skewers** (2 per person), then pop them onto a large baking tray.

When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.

6



Finish and Serve

Share the **baguette halves** between your plates. Spread over the **mayo** (see pantry for amount). Fill with the **meatball skewers** and a handful of **pickled salad**.

Firmly sandwich on the **baguette lid**, then pull out the **skewers**, leaving the **meatballs** inside (this is the traditional Cambodian street food method!). Discard the **skewers**.

Serve the remaining **pickled carrot salad** alongside. Sprinkle over the **peanuts** to finish.

Enjoy!