

## **Cajun and Lime Infused Mini Meatballs served with Vegetable Noodle Chowmein and a Sweet and Sour Sauce**

### INGREDIENTS

1 onion sliced thinly  
1 garlic clove crushed  
15g fresh ginger grated  
1 small red pepper sliced  
1 small yellow pepper sliced  
50g beansprouts  
4 spring onions thinly sliced  
200g medium egg noodles soaked  
4 good dashes light soy sauce  
500g minced beef or minced lamb  
1 fresh lime squeezed  
1 tsp Cajun spice  
15g fresh coriander finely chopped  
1 tbsp vegetable oil  
150 malt vinegar  
150ml water  
150g granulated sugar  
200g tomato puree

### Method

1. In a large bowl mix the minced beef, fresh lime, Cajun spice and fresh coriander. This mix is best left to marinade for 1 hour.
2. Roll the mixture into equal size balls, the size of a large marble. Steam the meatballs for 10 minutes or place on a wire rack on a roasting tin with a little water covered with foil, leaving room between the meatballs and the top of the foil, and place in the oven for 15 minutes.
3. Meanwhile in a wok heat the oil and flash fry the garlic, ginger and onions until soft, add the peppers and cook for 2 minutes. Add the beansprouts, spring onion and soy sauce, cook for 1 minute and stir through the noodles until hot.
4. For the sweet and sour sauce in a small saucepan heat the vinegar, sugar and water and bring to the boil, gradually stir in the tomato puree until you have the consistency that the sauce will coat the back of a metal spoon.

Serves 4 portions