

Oriental Honey and Orange Meatballs served with Vegetable Noodle Chow Mein, Sweet and Sour Sauce

1 Onion Sliced thinly
15g Fresh Ginger grated
1/2 small Red Pepper sliced
1/2 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 large Orange
1 tbs Clear Honey
15g Fresh Parsley finely chopped
1 tbs Vegetable Oil
150ml Malt Vinegar
150ml Water
150g Granulated Sugar
200g Tomato Puree

Method

1. In a large bowl mix the minced beef, juice from the orange, honey and fresh parsley. 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 meat balls for 10 minutes or place on a wire rack on a roasting tin with a little water covered with foil leaving room between the meat balls 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 ginger and onions until soft, add the peppers and cook for 2 minutes. Add the beansprouts, spring onion and soy sauce, cook for one 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.
5. With a pair of tongues carefully divide the chow mein noodle mix into the centre of four plates, place the meat balls onto the chow mein and coat the meat balls with the sweet and sour sauce.
6. Serve