THE LIGHTER PLATE METHOD

# Sticky Honey Sriracha Meatballs

Sweet, hot and properly sticky — the sauce is doing all the heavy lifting here.



| PREP | COOK | TOTAL | SERVINGS | DIFFICULTY |
|---|---|---|---|---|
| **15 min** | **20 min** | **35 min** | **4** | **EASY** |

## Ingredients

- 500 g beef mince
- 1 egg
- 30 g breadcrumbs
- 3 tbsp honey
- 2 tbsp soy sauce
- 1 tbsp sriracha (or to taste)
- 2 spring onions (sliced)
- 1 tsp sesame seeds

## Method

1. Mix the beef mince, egg and breadcrumbs together with plenty of seasoning, then shape into 16 meatballs.
2. Heat a little oil in a large frying pan and cook the meatballs for 8–10 minutes, turning, until browned and cooked through.
3. Mix the honey, soy sauce and sriracha together.
4. Pour the sauce over the meatballs and simmer for 3–4 minutes, turning to coat, until glossy and sticky.
5. Scatter with spring onions and sesame seeds to serve, with rice if you like.

## Tips & swaps

- Keep the heat moderate once the sauce goes in — honey burns quickly if the pan's too hot.
- Turkey or chicken mince both work well in place of beef.

## Storage & reheating

Keeps in the fridge for 3 days or freezes well.

## Nutrition (per serving)

| KCAL | PROTEIN | CARBS | FAT | FIBRE |
|---|---|---|---|---|
| **360** | **28g** | **22g** | **16g** | **1g** |

*Estimated values, for guidance only. Contains: Egg, Gluten, Soya, Sesame.*