

**1 SERVE =**  
2 UNITS PROTEIN  
1 UNIT VEGETABLES

## Vietnamese pork meatballs with lime dipping sauce

**SERVES 4** PREP TIME **35 minutes, plus refrigerating time**  
COOKING TIME **10 minutes**

**800 g lean minced pork**  
**1 small red chilli, finely chopped**  
**1 × 6 cm piece lemongrass, finely chopped**  
**3 cloves garlic, crushed**  
**1½ tablespoons fish sauce**  
**3 tablespoons finely chopped mint**  
**3 tablespoons finely chopped coriander**

**LIME DIPPING SAUCE**  
**2 tablespoons fish sauce**  
**½ small red chilli, seeded and finely chopped**  
**1½ tablespoons lime juice**  
**1 teaspoon sugar**

**TO SERVE**  
**crisp lettuce leaves**  
**100 g bean sprouts**  
**handful mint leaves**

This recipe is the epitome of delicious, sunny-weather food: aromatic meatballs wrapped in crunchy lettuce leaves and served with a sweet and spicy dipping sauce. These meatballs can either be cooked beforehand or at a barbecue as they are delicious hot or cold.

- 1 Place the pork, chilli, lemongrass, garlic, fish sauce and chopped herbs in a bowl and mix with your hands until the ingredients are well combined. Form into sixteen meatballs, then cover and chill for 30 minutes.
- 2 To make the lime dipping sauce, place all the ingredients in a small bowl and stir to dissolve the sugar.
- 3 Shortly before you're ready to serve, arrange the lettuce leaves, bean sprouts and mint leaves on a serving plate.
- 4 Preheat a barbecue to medium-hot. Cook the meatballs for 8–10 minutes, turning regularly, until just cooked through. Be careful not to overcook them, otherwise they will become dry.
- 5 To serve, place a meatball in a lettuce leaf with some bean sprouts and mint. Spoon over a little of the sauce, then wrap up and eat.

**TIP** For ease, you can also thread these meatballs onto metal or soaked wooden skewers to cook; thread four onto each skewer.

