



Makes 40 meatballs

1 small head of broccoli, cut into small florets  
1 red pepper, cut into ½”strips  
1 tbsp canola oil  
½ tsp salt  
½ tsp freshly ground pepper  
2 slices white bread  
½ cup milk  
3lbs of lean ground beef  
5 green onions, thinly sliced  
2 tbsp five spice powder  
4 tbsp minced ginger  
3 cloves garlic, minced  
3 tbsp soya sauce  
½ cup fresh cilantro  
¼ cup sesame seeds

1. Preheat the oven to 400F and line two (16x 11) rimmed baking sheets with tin foil.
2. Tear the bread into a bowl and pour the milk over it to soak.
3. Toss the broccoli and peppers with canola oil, salt and pepper and distribute evenly over one baking sheet.
4. In a large bowl mix together the bread and milk mixture, ground beef, green onions, five spice powder, ginger, garlic and soya sauce. Mix thoroughly until all the ingredients are worked evenly into the beef.
5. Place the cilantro and sesame seeds on another baking sheet (or large plate) and mix.
6. Scoop the ground beef mixture out into meatballs (each meatball should be 2 heaping tablespoons) and roll in the cilantro and sesame seed mixture so the outside of the meatball is coated. Place the meatballs on the sheet pans, 20 on each.
7. Cook for 10min then remove from the oven and flip meatballs. Cook for another 10-12min. until the meatballs are cooked through.
8. Remove both trays from the oven. Remove the meatballs from the sheet pan with vegetables on it to a serving dish. Set the meatball only sheet pan aside to cool and then transfer meatballs to a container and refrigerated or freeze.
9. Serve with the meatballs and vegetables alongside the dipping sauce.



**Hoisin dipping sauce**

1/3 cup hoisin sauce

1/3 cup mayonnaise

1 tbsp sambal oelek

1 tsp sesame oil

1. Mix the hoisin, mayonnaise, sambal oelek and sesame oil together.