

Sticky sesame lentil bowl with nuoc cham sauce

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

To prepare meatballs

- 2 1/3 cups lentils
- 2/3 cup yellow onions, diced small
- 2/3 cup Panko breadcrumbs
- 1/2 tsp garlic powder
- 1/4 tsp kosher salt
- 3 tsp canola oil

Sticky sauce

- 1 tsp sesame oil
- 2 tsp garlic cloves, peeled and minced
- 1 tsp fresh ginger, minced
- 1/3 tsp red pepper flakes
- 1/4 cup vinegar rice wine
- 2 tsp light-sodium soy sauce
- 1/3 cup hoisin sauce

To cook meatballs

- 1/4 cup canola oil

Nuoc cham sauce

- 2 tsp white granulated sugar
- 1/4 cup hot water
- 1/4 cup light-sodium soy sauce
- 4 tsp lime juice
- 1 tsp chili garlic sauce

Slaw

- 1 1/2 cups cabbage, coleslaw mix

- 1/2 cup carrots, peeled and shredded
- 4 tsp white granulated sugar
- 2 tsp vinegar rice wine

Service

- 4 cups rice noodles, cooked
- 3/4 cup frozen, hulled edamame
- 1/2 cup vegan kimchi
- 2 tsp whole sesame seeds

Instructions

To prepare meatballs

1. In a food processor, pulse beans, onions, panko crumbs, garlic, salt and oil. Pulse all ingredients until broken down but not into a paste. Form mixture into 1.5oz balls and place in freezer for at least 30 minutes before searing off.

For sticky sauce

1. To a skillet heat oil over medium heat. Sauté garlic, ginger and red pepper for 1 minute or until fragrant. Add rice vinegar, soy sauce, and hoisin sauce. Bring to a simmer and cook for 2-3 minutes until slightly reduced. Hold hot.

To cook meatballs

1. To a skillet heat oil over medium-high heat. Sear meatballs on all sides for around 3-5 minutes or until evenly browned. Pour over reserved sticky sauce and toss to coat meatballs. Hold meatballs hot for service.

For nuoc cham sauce

1. In a small bowl whisk sugar and hot water until dissolved. Whisk in soy sauce, lime juice and chili garlic sauce until combined. Cover, and reserve in cooler until service.

For slaw

1. In a large mixing bowl, combine cabbage slaw, carrots, sugar and vinegar. Cover, and hold in cooler until service.

For service

1. In a serving bowl, place 1 cup rice noodles in center of bowl. Top with 1/2 cup of slaw, 3 tablespoon of edamame, 3 meatballs, and 2 tablespoons of kimchi. Drizzle 2 tablespoons of Nuoc cham sauce. Garnish with 1/2 teaspoon of sesame seeds. Serve.

Notes

**The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.*

Nutrition

Serving: 18.35oz | Calories: 1124kcal | Carbohydrates: 217g | Protein: 21g | Fat: 19g | Saturated Fat: 2g | Sodium: 1379mg | Fiber: 15g | Sugar: 18g