

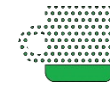


Low FODMAP Lotus Root Meatballs

Serves: 2

Prep: 25 minutes

Cook: 15 minutes



Stack Cup

Ingredients	Metric	Imperial
Chicken mince (ground chicken)	150 g	5.3 oz
Firm tofu	60 g	2.1 oz
Lotus root, frozen	40 g	1.4 oz
Carrot, finely grated	20 g	0.71 oz
Spring onion / scallion (green tops only), finely chopped	5 g	0.18 oz
1 medium egg		
[A] ½ tsp salt	3 g	0.12 oz
[A] 1 tsp sake (Japanese rice wine)	5 g	0.18 oz
[A] ½ tsp soy sauce	2.5 g	0.08 oz
[A] ½ tsp minced ginger	3 g	0.11 oz
½ tbsp potato starch	5 g	0.18 oz
1 tsp sesame oil	5 g	0.18 oz
[B] 2 tbsp water	30 g	1.1 oz
[B] 1 tbsp sake (Japanese rice wine)	5 g	0.18 oz
[B] 1 tbsp Mirin seasoning / aji-mirin	5 g	0.18 oz
[B] 1 tbsp soy sauce	5 g	0.18 oz
[B] 1 tsp white sugar	5 g	0.18 oz
[B] ½ tsp potato starch	2 g	0.07 oz

Method

1. Combine the chicken mince, drained tofu, and ingredients from [A] in a bowl, and mix thoroughly.
2. Add potato starch, lotus root, and carrot, then mix further.
3. Divide the mixture into four portions and shape them into round patties. Heat sesame oil in a frying pan and cook the patties over medium heat until both sides are golden brown.
4. Add 2 teaspoons of water (not listed in ingredients), cover with a lid, and steam-cook on low heat for about 4 minutes or until cooked through.
5. Use a paper towel to remove any excess oil, then add the ingredients from [B] and simmer until the sauce coats the patties.
6. Plate the patties, garnish with green onion, and serve with an egg yolk on the side.

Nutrition Information (per serve)	
Energy	989 Kj / 236 cal
Protein	21.80g
Carbohydrates	9.40g
Sugar	5.70g
Total Fat	11.40g
Saturated Fat	2.60g
Fibre	2.40g