



🔄 Broccoli

G Calories: 940

MEATBALLS WITH BULGOGI SAUCE

plus Roasted Carrots, Ginger Rice & Creamy Sriracha



PREP: 10 MIN COOK: 35 MIN CALORIES: 960



HELLO

CREAMY SRIRACHA

This dynamic condiment adds a cooling kick to our savory-sweet meatballs.

SPLISH SPLASH

Splash a little cold water on your hands before shaping the meatballs in step 4. The heat of your hands is what causes the mixture to stick: cooling your hands down will make the beef hold on to itself rather than to you.

BUST OUT

- Peeler
- 2 Large bowls • 2 Baking sheets • Small bowl
- Small pot
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)

MORE IS MORE

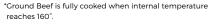
If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.) For HelloCustom nutritional information, please

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1 ROAST CARROTS

- Adjust racks to top and middle positions and preheat oven to 425 degrees. Wash and dry produce.
- Trim. peel. and cut **carrots** on a diagonal into ¹/₂-inch-thick pieces. Toss on a baking sheet with a drizzle of oil and a pinch of salt and pepper.
- Roast on top rack until browned and tender, 20-25 minutes.
- Cut broccoli into bite-size pieces if necessary. Swap in broccoli for carrots: roast 15-20 minutes. (Save carrots for another use.)



2 PREP

• While carrots roast, peel and mince or grate ginger. Trim and thinly slice scallions, separating whites from greens; mince whites.



3 COOK RICE

- Heat a drizzle of oil in a small pot over medium-high heat. Add half the ginger; cook until fragrant, 1 minute.
- Stir in rice, 1¼ cups water (2¼ cups for 4 servings), and a pinch of salt. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender. 15-18 minutes
- Keep covered off heat until ready to serve.



4 FORM & BAKE MEATBALLS

- While rice cooks, in a large bowl, combine beef*, scallion whites, panko, remaining ginger, and 1 TBSP bulgogi sauce (2 TBSP for 4 servings). (You'll use the rest of the bulgogi sauce in the next step.) Season with salt (we used 3/4 tsp; 11/2 tsp for 4) and pepper.
- Form into 11/2-inch meatballs and spread out on a second baking sheet.
- Bake on middle rack until browned and cooked through, 14-16 minutes.



5 MIX SRIRACHA & COAT

- Meanwhile, in a small bowl, combine sour cream with Sriracha to taste. Add water 1 tsp at a time until mixture reaches a drizzling consistency.
- Once **meatballs** are done, gently transfer to a second large bowl; add remaining bulgogi sauce and toss to coat.



6 FINISH & SERVE

- Fluff rice with a fork: taste and season with salt if desired.
- Divide rice between plates and top with carrots, meatballs, and any **bulgogi sauce** from bowl. Drizzle with creamy Sriracha. Garnish with scallion greens and as many sesame seeds as you like. Serve.