



SOY-GLAZED BEEF & MUSHROOM MEATBALLS

with Rice, Green Beans & Sweet Chili Mayo

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Button Mushrooms



2 | 4
Scallions



1 | 2
Lime



6 oz | 12 oz
Green Beans



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



10 oz | 20 oz
Ground Beef**



¾ Cup | 1½ Cups
Jasmine Rice



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Sesame,
Soy, Wheat



2 oz | 4 oz
Sweet Thai
Chili Sauce



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



1 tsp | 1 tsp
Chili Flakes



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

HELLO

BEEF + MUSHROOM

The meaty flavor and texture of mushrooms + ground beef = secret hidden veggies for everyone!



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 1060



BUST OUT

- Food processor or blender
- Baking sheet
- Large pan
- Small pot
- Large bowl
- 2 Small bowls
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)

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 refer to HelloFresh.com.



1 PREP VEGGIES

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and halve **mushrooms**. (**Skip if your mushrooms are pre-sliced!**) Trim **scallions** and thinly slice greens; keep whites whole. Quarter **lime**. Trim **green beans** if necessary.



2 BLEND VEGGIES

- In a food processor or blender, combine **mushrooms** and **scallion whites**. Season with a **pinch of salt and pepper**.
- Blend until no large pieces remain and mixture is finely chopped, 60-90 seconds. **TIP: Scrape down the sides as needed to ensure everything blends evenly.**



3 COOK VEGGIES

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **veggie mixture** to hot pan and cook, stirring occasionally, until browned and most of the liquid has evaporated, 5-6 minutes.
- Transfer veggie mixture to a large bowl and refrigerate until cool enough to handle, about 5 minutes.



4 START MEATBALLS

- Once veggie mixture has cooled, add **beef*** and **panko** to bowl. Season with **¾ tsp salt** (**1½ tsp for 4 servings**). Gently mix to combine.
- Form into 10-12 1½-inch meatballs (**20-24 meatballs for 4**). Place on one side of a baking sheet. (**For 4, spread meatballs out across entire sheet.**)
- Roast **meatballs** on top rack for 10 minutes (**you'll add more to the sheet then**).



5 COOK RICE & MIX SAUCES

- Meanwhile, in a small pot, combine **rice**, **1¼ cups water** (**2¼ cups for 4 servings**), and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.
- In a small bowl, combine **sweet soy glaze**, **one packet of chili sauce**, and **juice from one lime wedge**.
- In a separate small bowl, combine **mayonnaise**, remaining chili sauce, and **1 tsp water** (**2 tsp for 4**).



6 ROAST & FINISH MEATBALLS

- Once meatballs have roasted 10 minutes, remove sheet from oven. Carefully add **green beans** to empty side of sheet; toss with a **drizzle of oil, salt, and pepper**. (**For 4 servings, toss green beans on a second sheet.**)
- Carefully spoon **glaze** over **meatballs**.
- Return sheet to top rack and roast until meatballs are cooked through and green beans are tender, 12-15 minutes. (**For 4, return meatballs to top rack and roast green beans on middle rack.**)



7 FINISH & SERVE

- Fluff **rice** with a fork.
- Divide rice between bowls. Top with **green beans** and **meatballs** in separate sections. Drizzle everything with **sweet chili mayo** and garnish with **scallion greens**. Serve with a **squeeze of lime juice** and **chili flakes** to taste.

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*Ground Beef is fully cooked when internal temperature reaches 160°.