



# UMAMI GINGER MEATBALL BAR

with sides & toppings for everyone to build their perfect plate

## INGREDIENTS

2 PERSON | 4 PERSON

- |   |  |   |
|---|--|---|
| <br><b>¾ Cup   1½ Cups</b><br>Jasmine Rice                             | <br><b>12 oz   24 oz</b><br>Carrots                                   | <br><b>1   2</b><br>Cucumber                                     |
| <br><b>¼ oz   ½ oz</b><br>Cilantro                                      | <br><b>10 oz   20 oz</b><br>Ground Beef**                             | <br><b>¼ Cup   ½ Cup</b><br>Panko Breadcrumbs<br>Contains: Wheat |
| <br><b>½ Cup   1 Cup</b><br>Umami Ginger Sauce<br>Contains: Soy, Wheat | <br><b>12 ml   24 ml</b><br>Ponzu Sauce<br>Contains: Fish, Soy, Wheat | <br><b>10 tsp   20 tsp</b><br>Rice Wine Vinegar                  |
| <br><b>2 TBSP   4 TBSP</b><br>Mayonnaise<br>Contains: Eggs             | <br><b>1 tsp   2 tsp</b><br>Sriracha                                  | <br><b>1   2</b><br>Crispy Fried Onions<br>Contains: Wheat       |



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.



## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



**8.8 oz | 17.6 oz**  
Pork & Shiitake Gyoza Dumplings  
Contains: Sesame, Soy, Wheat

Calories: 1390



**8 oz | 16 oz**  
Broccoli

Calories: 1240



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 1190



## BUST OUT

- Small pot
- Peeler
- 2 Baking sheets
- Large bowl (or 2 large bowls)
- 2 Small bowls
- Plastic wrap
- Medium bowl
- Medium pot
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Sugar (1 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 refer to HelloFresh.com.*



## 1 COOK RICE

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- 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. **TIP: If you added any other items to your meal (apps, sides, and/or dessert), you can get started on them now!**

- For the **gyoza\***, bring a medium pot of **water** to a boil. (**Swap in chicken broth for water if you have some on hand!**)
- Cut **broccoli** into bite-size pieces if necessary.



## 2 PREP

- While rice cooks, trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and halve **cucumber** lengthwise; slice crosswise into ¼-inch-thick half-moons. Roughly chop **cilantro**.



## 3 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of oil, salt, and pepper**. Roast on top rack until browned and tender, 20-25 minutes.



## 4 ROAST MEATBALLS

- While carrots roast, in a large bowl, gently combine **beef\***, **panko**, **1 TBSP umami ginger sauce** (2 TBSP for 4 servings), **salt** (we used ½ tsp; 1 tsp for 4), and **pepper**. (You'll use the rest of the **umami ginger sauce later**.) Form into 10 1½-inch meatballs (**20 meatballs for 4**).
- Arrange **meatballs** on a second **lightly oiled** baking sheet. Roast on middle rack until browned and cooked through, 12-15 minutes.



## 5 MAKE SAUCES

- Meanwhile, in a small microwave-safe bowl, combine **ponzu**, **remaining umami ginger sauce**, and **1 TBSP vinegar** (2 TBSP for 4 servings). Cover with plastic wrap and microwave until warmed through, 60-90 seconds. **TIP: If you like a sweeter sauce, stir in a pinch of sugar from your pantry.**
- In a separate small bowl, combine **mayonnaise** and **Sriracha** to taste.

- Once water is boiling, add **gyoza** to pot. Cook until warmed through, 3 to 5 minutes. Using a slotted spoon, transfer to a plate.



## 6 MAKE CUCUMBER SALAD

- In a medium bowl, combine **cucumber**, **remaining vinegar**, **1 tsp sugar** (2 tsp sugar for 4 servings), and a **pinch of salt and pepper**.
- Place **broccoli** in a second large microwave-safe bowl. Cover tightly with plastic wrap; poke a few holes in wrap. Microwave until tender, 3-4 minutes. Carefully uncover (**watch out for steam!**) and toss with **salt and pepper**.



## 7 FINISH & SERVE

- Fluff **rice** with a fork.
- Serve rice, **roasted carrots**, **umami ginger meatballs**, **cucumber salad**, **umami ponzu sauce**, **Sriracha mayo**, **cilantro**, and **crispy fried onions** family style and let everyone build their own plate.
- Serve **gyoza** alongside **meatball bar** with **gyoza sauce** on the side for dipping.
- Serve **broccoli** alongside **meatball bar**.

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

\*Pork Dumplings are fully cooked when internal temperature reaches 160\*.