



# BANH MI-STYLE TURKEY MEATBALL BOWLS

with Pickled Veggie Salad, Chili Lime Mayo & Ginger Rice

## INGREDIENTS

2 PERSON | 4 PERSON



**1 Thumb | 2 Thumbs**  
Ginger



**1 Clove | 2 Cloves**  
Garlic



**1 | 2**  
Mini Cucumber



**¼ oz | ½ oz**  
Cilantro



**1 | 2**  
Lime



**½ Cup | 1 Cup**  
Jasmine Rice



**10 oz | 20 oz**  
Ground Turkey



**¼ Cup | ½ Cup**  
Panko  
Breadcrumbs  
Contains: Wheat



**6 ml | 12 ml**  
Ponzu Sauce  
Contains: Fish,  
Soy, Wheat



**4 oz | 8 oz**  
Shredded Carrots



**2 TBSP | 4 TBSP**  
Mayonnaise  
Contains: Eggs



**1 oz | 2 oz**  
Sweet Thai  
Chili Sauce



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



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## HelloCustom

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



**1¼ Cups | 2½ Cups**  
Brown Rice  
Calories: 900



**12 oz | 24 oz**  
Cauliflower Rice  
Calories: 640



**PREP: 10 MIN | COOK: 30 MIN | CALORIES: 770**



HELLO

### BANH MI-STYLE

Aromatic turkey meatballs are spooned over rice with a few classic banh mi sandwich toppings: crisp pickled veggies, spicy mayo, and fragrant cilantro.

### SO A-PEELING

To peel ginger, break out your spoon! Using the spoon's tip, apply pressure in a downward motion, carving away the skin. Unlike a vegetable peeler, a spoon allows you to get into ginger's knobby nooks.

### BUST OUT

- Zester
  - Small pot
  - 2 Large bowls
  - Baking sheet
  - Medium bowl
  - Small bowl
  - Kosher salt
  - Black pepper
  - Cooking oil (1 TSP | 1 TSP)
  - Sugar (½ TSP | 1 TSP)
  - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

### 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.

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### 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince or grate **ginger**. Peel and mince **garlic**. Trim and halve **cucumber** lengthwise; thinly slice crosswise into half-moons. Finely chop **cilantro**. Zest and quarter **lime** (for 4 servings, zest one lime and quarter both).



### 4 MAKE SALAD & MIX MAYO

- Meanwhile, in a medium bowl, combine **cucumber**, **carrots**, **half the cilantro**, and as much **lime juice** and **lime zest** as you like (save a bit of lime juice for the mayo). Season with **salt** and **pepper**.
- In a small bowl, combine **mayonnaise**, a squeeze of lime juice, and up to **half the chili sauce** to taste (save the rest for the next step).



### 2 COOK RICE

- Melt **1 TBSP butter** (2 TBSP for 4 servings) in a small pot over medium-high heat. Add **half the ginger** and cook, stirring, until fragrant, 30 seconds.
- Stir in **rice**, **¾ cup water** (1½ cups for 4), 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.
- After cooking ginger, swap in **brown rice** for jasmine rice; use **1¾ cups water** (3½ cups for 4 servings) and a **pinch of salt**. Cook until rice is tender, 20-25 minutes. (Save jasmine rice for another use.)
- After cooking ginger, add **cauliflower rice** (no need to drain) and a **big pinch of salt and pepper**. Cook, stirring occasionally, until tender and any excess liquid has absorbed, 6-8 minutes. (Save jasmine rice for another use.)



### 5 MAKE SAUCE & TOSS

- In a second large bowl, combine **2½ TBSP sweet soy glaze** (5 TBSP for 4 servings; be sure to measure—we sent more), **½ tsp sugar** (1 tsp for 4), and **remaining chili sauce** to taste.
- Once **meatballs** are done, carefully transfer to bowl with **sauce**; toss until meatballs are thoroughly coated and sauce is just warmed through.



### 3 FORM & COOK MEATBALLS

- While rice cooks, in a large bowl, combine **turkey\***, **panko**, **ponzu**, **garlic**, **remaining ginger**, **salt** (we used ¾ tsp; 1½ tsp for 4 servings), and **pepper**.
- Form mixture into 10-12 meatballs (20-24 meatballs for 4). Place meatballs on a **lightly oiled** baking sheet.
- Roast on top rack until browned and cooked through, 14-16 minutes.



### 6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt** and **pepper**.
- Divide rice between bowls and top with **meatballs**, **pickled veggie salad**, and any **remaining sauce**. Drizzle with **chili lime mayo**. Garnish with **remaining cilantro** and serve with any **remaining lime wedges** on the side.

\*Ground Turkey is fully cooked when internal temperature reaches 165°.