



HALL OF FAME  
**HOISIN-GLAZED MEATBALLS**  
 with Jasmine Rice and Green Beans



**HELLO**  
**HALL OF FAME**

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 680**

-   
Ginger
-   
Ground Beef
-   
Garlic Powder
-   
Jasmine Rice
-   
Green Beans
-   
Sesame Seeds
-   
Scallions
-   
Panko Breadcrumbs  
(Contains: Wheat)
-   
Egg  
(Contains: Egg)
-   
Hoisin Sauce  
(Contains: Wheat, Soy)
-   
Lime

## START STRONG

Meatballs are a great vehicle for adventurous or unfamiliar ingredients. Get kids extra-excited for those flavors by letting them help with the mixing, shaping, and glazing.

## BUST OUT

- Medium pot
- Large pan
- Baking sheet
- Peeler
- Medium bowl
- Vegetable oil (4 tsp)
- Sugar (1 tsp)

## INGREDIENTS

Ingredient 4-person

- |                     |         |
|---------------------|---------|
| • Ginger            | 1 Thumb |
| • Scallions         | 4       |
| • Ground Beef       | 20 oz   |
| • Panko Breadcrumbs | ½ Cup   |
| • Garlic Powder     | 2 tsp   |
| • Egg               | 1       |
| • Jasmine Rice      | 1 Cup   |
| • Hoisin Sauce      | 4 TBSP  |
| • Green Beans       | 12 oz   |
| • Lime              | 1       |
| • Sesame Seeds      | 2 TBSP  |

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



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## 1 PREP

Adjust rack to middle position and preheat oven to 450 degrees. Bring **2 cups salted water** to a boil in a medium pot. **Wash and dry all produce.** Lightly **oil** a baking sheet. Peel **ginger**, then mince until you have 1 TBSP. Trim, then thinly slice **scallions**, separating whites from greens.



## 4 GLAZE MEATBALLS

After **meatballs** have cooked 10 minutes, remove baking sheet from oven. Use a spoon to glaze each meatball with a little bit of **hoisin sauce**. Return to oven and bake until sauce has lost some of its shine, about 5 minutes.



## 2 MAKE MEATBALLS

Combine **minced ginger, scallion whites, beef, panko, garlic powder, 1 tsp sugar, and 1 egg** in a medium bowl (use other egg as you like). Season with **salt and pepper** (we used 1 tsp kosher salt). Form into 1-inch balls and place on oiled baking sheet. Bake in oven until no longer pink on outside, about 10 minutes.



## 5 COOK GREEN BEANS

Heat **1 TBSP oil** in a large pan over medium-high heat. Add **green beans** and cook, tossing, for 3 minutes. Pour in **¼ cup water** and cover pan with lid or aluminum foil. Cook until tender, 2-3 minutes. Uncover and let water evaporate. Season with **salt and pepper**.



## 3 COOK RICE

Once water is boiling, add **rice** to pot. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 15 minutes.



## 6 FINISH AND SERVE

Cut **lime** into wedges. Sprinkle **meatballs** with **sesame seeds**. Divide **rice** between plates, then top with **green beans** and meatballs. Garnish with **scallion greens**. Serve with lime wedges on the side for squeezing over.

## FRESH TALK

How many meatballs do you think it would take to serve everyone in your class at school?

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