



HOISIN-GLAZED MEATBALLS

with Jasmine Rice and Snow Peas

PREP: 15 MIN
TOTAL: 35 MIN

LEVEL 1

NUT FREE

DAIRY FREE



HELLO

HOISIN GLAZE

Sweet and tangy with a barbecue-like kick

INGREDIENTS:

- Ginger
- Scallions
- Ground Beef
- Panko Breadcrumbs (Contains: Wheat)
- Jasmine Rice
- Hoisin Sauce (Contains: Soy)
- Snow Peas
- Lime
- Sesame Seeds

FOR 4 PEOPLE:

- 1 Thumb
- 4
- 16 oz
- ½ Cup
- 1 Cup
- 4 TBSP
- 8 oz
- 1
- 2 TBSP

NUTRITION PER SERVING

514 cal | Fat: 18 g | Sat. Fat: 5 g | Protein: 27 g | Carbs: 61 g | Sugar: 11 g | Sodium: 296 mg | Fiber: 4 g

START STRONG

Take a cue from our chefs and preheat the oven with the baking sheet inside. The extra heat will cause a nice crust to form on the meatballs. Just be careful, it's hot!



BUST OUT

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



1 PREHEAT AND PREP

Wash and dry all produce.

Preheat oven to 450 degrees. Peel and mince **ginger**. Finely chop **scallions**. Bring **2 cups salted water** to a boil in a medium pot.

2 MAKE MEATBALLS

In a medium bowl, combine **ginger, scallions, beef, panko,** and **1 tsp sugar**. Season with **salt** (we used 1 tsp kosher salt) and **pepper**. Form into 1-inch **meatballs** and place onto a lightly oiled baking sheet. Bake until no longer pink in center, about 20 minutes.

3 COOK RICE

Add **rice** to **boiling water**, cover, and reduce to a simmer until tender, 15-20 minutes.



4 GLAZE MEATBALLS

After **meatballs** have cooked 15 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.

5 COOK SNOW PEAS

Heat **1 TBSP olive oil** in a large pan over medium-high heat. Add **snow peas** and toss until tender, 4-5 minutes. Season with **salt** and **pepper**.

6 FINISH AND SERVE

Cut **lime** into wedges. Sprinkle **meatballs** with **sesame seeds**. Serve **meatballs** on a bed of **rice** alongside **snow peas** and a **lime** wedge for squeezing over.

YUM!

These Asian flavors give the Italian classic a run for its money.

