



AUG
2016

Orange-Glazed Meatballs

with Crispy Broccolini and Rice

One Vitamin C-loaded dinner, coming up! We've amped up the citrus flavor by using orange jam AND orange juice. With double the flavor, you'll be hard-pressed to hear any complaints about this nutritious family-friendly dinner.



Prep: 10 min
Total: 30 min



level 1



nut
free



dairy
free



Ground
Beef



Jasmine
Rice



Broccolini



Orange
Jam



Soy
Sauce



White Wine
Vinegar



Garlic



Oranges

Ingredients

Ground Beef	20 oz
Jasmine Rice	1 Cup
Broccolini	12 oz
Orange Jam	4 T
Soy Sauce	2 T
White Wine Vinegar	2 T
Garlic	4 Cloves
Oranges	2
Oil*	2 T

4 People

*Not Included

Allergens

- 1) Soy
- 2) Wheat

Tools

Small pot, Medium bowl, Baking sheet, Large bowl, Large pan

Nutrition per person Calories: 581 cal | Fat: 21 g | Sat. Fat: 6 g | Protein: 35 g | Carbs: 61 g | Sugar: 18 g | Sodium: 410 mg | Fiber: 4 g

2



1 Cook the rice: Preheat the oven to 400 degrees. Bring **2 cups water** and a large pinch of **salt** to a boil in a small pot. Once boiling, add the **rice**, cover, and reduce to a low simmer for about 20 minutes, until tender.

3



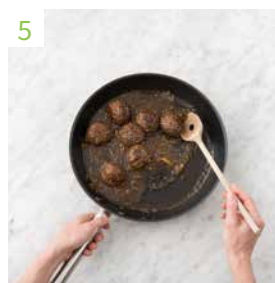
2 Prep the ingredients and supreme the orange: **Wash and dry all produce.** Thinly slice the **broccolini stalks** into ¼-inch pieces, leaving the **florets** whole. Mince the **garlic**. Cut the top and bottom ends off the **orange**. Then, use your knife to cut away the rind. Working over a medium bowl, slice between each pith line (which is the bitter white part) to release the segments into the bowl. Squeeze the remaining **orange core** to collect the juices. Discard the core. Repeat with the remaining orange. **Hint:** Check out our app for a step-by-step video.

4



3 Roast the broccolini: Place the **broccolini florets** on a baking sheet with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for about 15 minutes, until crispy. Add the sliced **broccolini stalks** to the **rice** for the last 5 minutes of cooking.

5



4 Cook the meatballs: In a large bowl, combine the **ground beef** with the **garlic**, **4 teaspoons soy sauce**, and a large pinch of **salt** and **pepper**. Thoroughly combine and form into golf-ball-sized meatballs. Heat 2 large drizzles of **oil** in a large pan over medium-high heat. Add the **meatballs** to the pan. Cook, rotating to brown all sides, for 5-7 minutes, or until cooked to desired doneness. Remove from the pan and set aside.

5 Make the glaze: Wipe out any burned bits from the pan. Returning it to medium-high heat, add the **vinegar**, **orange jam**, remaining **soy sauce**, and **orange juice** from the bowl with the **orange segments**. Bring to a boil, then reduce to a simmer. Return the **meatballs** to the pan. Reduce until the **sauce** is thick and syrupy. Roll the meatballs to coat them in the glaze.

6 Finish and plate: Fluff the **rice** with a fork. Place the **orange-glazed meatballs** on a bed of rice alongside the crispy **broccolini**. Spoon the remaining **glaze** over the plate. Garnish with the **orange segments**. Enjoy!