

# Sichuan-Glazed Meatball Rice Bowl

with Soy Veggies & Pickled Onion

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Red Onion



Capsicum



Carrot



Courgette



Beef Mince



Southeast Asian Spice Blend



Fine Breadcrumbs



Sichuan Garlic Paste



Coriander



Crushed Peanuts

 Hands-on: **15-25 mins**  
Ready in: **30-40 mins**

Discover a classic fusion of Asian flavours with a whole new twist! Take tasty garlic rice piled with moreish beef meatballs, all the right spices and tender veggies, and you've got a dinner-time hit. Serve with pickled onion for an extra punch of flavour.

### Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Egg, Soy Sauce

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water* (for the rice)	1¼ cups	2½ cups
salt* (for the rice)	¼ tsp	½ tsp
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
capsicum	1	2
carrot	1	2
courgette	1	2
beef mince	1 packet	1 packet
Southeast Asian spice blend	1 sachet	1 sachet
fine breadcrumbs	1 packet	1 packet
egg*	1	2
salt* (for the meatballs)	¼ tsp	½ tsp
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
soy sauce*	1 tbs	2 tbs
coriander	1 bunch	1 bunch
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	4626kJ (1105Cal)	642kJ (153Cal)
Protein (g)	52.7g	7.3g
Fat, total (g)	43.7g	6.1g
- saturated (g)	18.2g	2.5g
Carbohydrate (g)	109.1g	15.1g
- sugars (g)	26.4g	3.7g
Sodium (mg)	1728mg	240mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and **salt (for the rice)**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **meatballs**, tossing occasionally, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a medium bowl, then add the **Sichuan garlic paste** and toss to coat.



## Get prepped

While the rice is cooking, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar**, **water (for the pickle)** and a good pinch of **sugar** and **salt**. Add the **onion** and stir to coat. Set aside. Thinly slice the **capsicum** into strips. Thinly slice the **carrot** (unpeeled) and **courgette** into half-moons.



## Cook the veggies

Wipe out the frying pan and return to a high heat with a drizzle of **olive oil**. Cook the **capsicum**, **carrot** and **courgette**, tossing, until just tender, **3-4 minutes**. Add the remaining **garlic** and cook, until fragrant, **1 minute**. Add the **soy sauce** and stir through.



## Make the meatballs

In a large bowl, combine the **beef mince**, **Southeast Asian spice blend**, **fine breadcrumbs**, **egg** and **salt (for the meatballs)**, then season with **pepper**. Using damp hands, take a spoonful of **beef mixture** and shape into a small meatball. Transfer to a plate and repeat with remaining **mixture**. You should get 5-6 meatballs per person.



## Serve up

Roughly chop the **coriander**. Drain the pickled onion. Divide the garlic rice between bowls. Top with the soy veggies, Sichuan-glazed meatballs and pickled onion. Serve with any remaining sauce in the bowl. Garnish with the **crushed peanuts** and coriander.

## Enjoy!