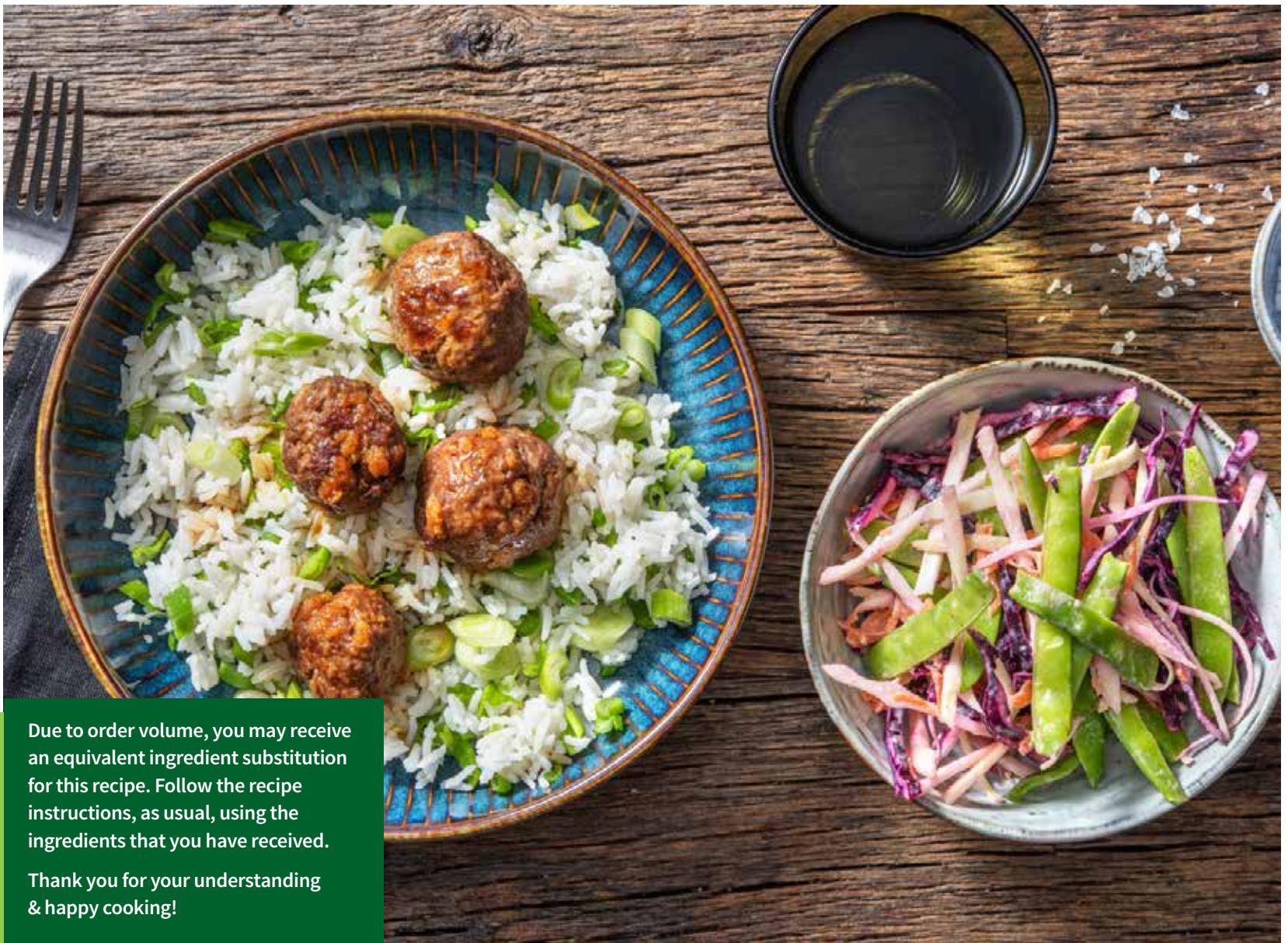




Teriyaki Beef Meatballs

on Garlic Rice with Japanese Slaw

FAMILY 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

| | | | |
|--|-------------------|--|----------------------|
| | Ground Beef | | Jasmine Rice |
| | Snow Peas | | Garlic |
| | Green Onions | | Coleslaw Cabbage Mix |
| | Mayonnaise | | Lime |
| | Panko Breadcrumbs | | Japanese Spice Blend |
| | Teriyaki Sauce | | |

HELLO TERIYAKI

The sweet and savoury combination of soy sauce, honey, ginger and garlic makes a delicious glaze

START HERE ▼

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking Sheet, Medium Bowl, Grater, Microplane/Zester, Measuring Spoons, Aluminum Foil, Medium Pot, Large Bowl, Measuring Cups, Whisk, Large Non-Stick Pan

Ingredients

| | 2 Person | 4 Person |
|----------------------|----------|----------|
| Ground Beef | 250 g | 500 g |
| Jasmine Rice | ¾ cup | 1 ½ cup |
| Snow Peas | 113 g | 227 g |
| Garlic | 6 g | 12 g |
| Green Onions | 2 | 4 |
| Coleslaw Cabbage Mix | 170 g | 340 g |
| Mayonnaise | 2 tbsp | 4 tbsp |
| Lime | 1 | 2 |
| Panko Breadcrumbs | ¼ cup | ½ cup |
| Japanese Spice Blend | 1 tbsp | 2 tbsp |
| Teriyaki Sauce | ¼ cup | ½ cup |
| Sugar* | ½ tsp | 1 tsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1. COOK GARLIC RICE

Peel, then mince or grate **garlic**. Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **garlic** and **rice**. Cook, stirring often, until fragrant, 2-3 min. Add **1 ¼ cups water** (dbl for 4ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



2. MAKE MEATBALLS

Stir together **panko**, **Japanese spice blend**, **¼ tsp salt** and **2 tbsp water** (dbl both for 4ppl) in a medium bowl. Add **beef**, then season with **pepper** and combine. Roll **beef mixture** into **8 equal-sized meatballs** (**NOTE:** 16 meatballs for 4ppl). Transfer **meatballs** to a foil-lined baking sheet. Bake, in the **middle** of the oven, until golden-brown and cooked through, 10-12 min.**



3. PREP

Trim **snow peas**, then thinly slice lengthwise. Zest, then juice **half the lime**. Cut **remaining lime** into wedges. Thinly slice **green onions**.



4. MAKE JAPANESE SLAW

Whisk together **lime juice**, **mayo** and **½ tsp sugar** (dbl for 4ppl) in a large bowl. Add **snow peas** and **coleslaw mix**. Toss to combine. Season with **salt** and **pepper**.



5. GLAZE MEATBALLS

When **meatballs** are done, heat a large non-stick pan over medium heat. When hot, add **teriyaki sauce** and **¼ cup water** (dbl for 4ppl). Cook, stirring often, until heated through. Add **meatballs** to **sauce** and toss to coat.



6. FINISH & SERVE

Fluff **rice** with a fork. Stir in **lime zest** and **half the green onions**. Season with **salt**, then divide **rice** between plates. Top with **meatballs** and spoon over **sauce** from pan. Serve **slaw** on the side. Sprinkle with **remaining green onions** and squeeze over a **lime wedge**, if desired.

Dinner Solved!

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

