

# Teriyaki-Glazed Beef Meatballs

with Sesame Rice, Pear Slaw & Peanuts

Grab your Meal Kit with this symbol



Jasmine Rice



Ginger



Garlic



Pear



Teriyaki Sauce



Sesame Seeds



Beef Mince



Fine Breadcrumbs



Garlic Aioli



Slaw Mix



Crushed Peanuts

 Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

These meatballs are like nothing you've had before! The teriyaki glaze gives these morsels of deliciousness an amazing flavour while the jasmine rice gets a hit of sesame. Just add a refreshing slaw with some extra crunch from pear and cucumber to tie the meal together.

### Pantry items

Olive Oil, Brown Sugar (or Honey), Rice Wine Vinegar, Egg

## 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
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
ginger	1 knob	2 knobs
garlic	4 cloves	8 cloves
pear	1	2
teriyaki sauce	1 sachet (65g)	1 sachet (130g)
brown sugar* (or honey)	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
rice wine vinegar*	½ tbs	1 tbs
sesame seeds	1 sachet	1 sachet
beef mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
egg*	1	2
garlic aioli	1 sachet (50g)	1 sachet (100g)
slaw mix	1 bag (150g)	1 bag (300g)
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	4713kJ (1126Cal)	968kJ (231Cal)
Protein (g)	47.6g	9.8g
Fat, total (g)	54.1g	11.1g
- saturated (g)	14.6g	3g
Carbohydrate (g)	102.5g	21.1g
- sugars (g)	23.2g	4.8g
Sodium (mg)	1039mg	213mg

## 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 rice

Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



## Cook the meatballs

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **meatballs**, turning occasionally, until browned and cooked through, **8-10 minutes**. Add the **teriyaki sauce mixture** and cook, tossing, until the meatballs are well coated, **1-2 minutes**.

**TIP:** Reduce the heat to medium if the meatballs are browning too quickly.



## Get prepped

While the rice is cooking, finely grate the **ginger**. Finely chop the **garlic**. Thinly slice the **pear**. In a small bowl, combine the **teriyaki sauce, brown sugar, water (for the sauce)** and 1/2 the **rice wine vinegar**. Set aside. Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a second small bowl.



## Bring it all together

While the meatballs are cooking, combine the **garlic aioli** and remaining **rice wine vinegar** in a large bowl. Add the **slaw mix** and **pear**. Toss to coat and season to taste.



## Make the meatballs

In a medium bowl, combine the **ginger, garlic, beef mince, fine breadcrumbs** and **egg**. Using damp hands, take a heaped spoonful of the **beef mixture** and gently shape into a small meatball. Transfer to a plate and repeat with the remaining **mixture**. You should get 4-5 meatballs per person.



## Serve up

Stir the toasted sesame seeds through the rice. Divide the sesame rice between bowls. Top with the teriyaki-glazed beef meatballs, spooning over any remaining sauce. Serve with the pear slaw. Garnish with the **crushed peanuts**.

Enjoy!