



Japanese-Style Chicken Meatballs

with Garlic Rice

Family Friendly

Quick

25 Minutes



Ground Chicken



Jasmine Rice



Shanghai Bok Choy



Edamame



Green Onion



Garlic Puree



Garlic Salt



Soy Sauce Mirin Blend



Panko Breadcrumbs



Honey

HELLO GREEN ONION

Another common name for this allium is scallion!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce. (TIP: Separate and rinse bok choy leaves to wash away any hidden dirt!)

Bust out

Baking sheet, medium bowl, measuring spoons, strainer, aluminum foil, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Chicken*	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cups
Shanghai Bok Choy	226 g	452 g
Edamame	113 g	226 g
Green Onion	2	4
Garlic Puree	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Honey	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

Contact

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Cook rice

- Using a strainer, rinse **rice** until **water** runs clear.
- Add **1 cup water** (1 ¾ cups for 4 ppl), **half the garlic salt** and **half the garlic puree** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to medium-low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. (NOTE: Reduce heat to low if water is boiling over.)
- Remove the pot from heat. Set aside, still covered.



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **edamame** and **bok choy stems**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.
- Add **bok choy leaves**. (NOTE: For 4 ppl, add bok choy leaves in batches.) Season with **salt** and **pepper**. Cook, stirring occasionally, until **leaves** wilt, 2-3 min.
- Remove the pan from heat, then transfer **veggies** to a plate and cover to keep warm.



Prep

- Meanwhile, separate **bok choy leaves** and **stems**, then cut **stems** into 1-inch pieces.
- Thinly slice **green onions**, keeping white and green parts separate.



Make glaze

- When **veggies** and **meatballs** are done, add **2 tbsp water** (dbl for 4 ppl), **soy sauce mirin blend** and **honey** to the same pan.
- Bring to a boil over medium-high.
- Once boiling, cook, stirring occasionally, until **glaze** thickens slightly, 2-3 min. (TIP: If you prefer a lighter glaze, add more water, 1 tbsp at a time!)
- Remove the pan from heat, then add **meatballs**. Toss to coat with **glaze**.



Form and broil meatballs

- Line a baking sheet with foil.
- Add **chicken**, **panko**, **green onion whites**, **remaining garlic salt** and **remaining garlic puree** to a medium bowl. Season with **pepper**, then combine. (TIP: If you prefer a firmer meatball, add an egg to the mixture!)
- With wet hands, roll **mixture** into **10 equal-sized meatballs** (20 for 4 ppl).
- Arrange **meatballs** on the prepared baking sheet. Broil in the **middle** of the oven until golden brown and cooked through, 8-11 min.**



Finish and serve

- Fluff **rice** with a fork, then season with **salt**, to taste. Stir in **remaining green onions**.
- Divide **rice** between bowls. Top with **veggies**, **meatballs** and **any remaining glaze** in the pan.

Dinner Solved!