



Saucy Plum and Ginger Beef Meatballs

with Green Onion Rice and Veggies

30 Minutes



Ground Beef



Plum Sauce



Jasmine Rice



Sweet Bell Pepper



Panko Breadcrumbs



Carrot



Green Onion



Ginger



Garlic, cloves



Soy Sauce



Sesame Seeds

HELLO SOY SAUCE

The secret to adding oomph to stir fry sauces!

Start here

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

Bust out

Baking sheet, vegetable peeler, measuring spoons, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Plum Sauce	4 tbsp	8 tbsp
Jasmine Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Panko Breadcrumbs	¼ cup	½ cup
Carrot	170 g	340 g
Green Onion	2	4
Ginger	30 g	30 g
Garlic, cloves	1	2
Soy Sauce	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Cook rice

- Using a strainer, rinse **rice** until **water** runs clear.
- Add **1 cup water** and **¼ tsp salt** (dbl both for 4 ppl) 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 **1 ½ tbsp oil** (dbl for 4 ppl), then **carrots**. Cook, stirring often, until slightly softened, 4-5 min.
- Add **peppers**. Cook, stirring often, until **veggies** are tender-crisp, 4-5 min. Season with **salt** and **pepper**.



Prep

- Meanwhile, thinly slice **green onions**.
- Peel, then cut **carrot** in half lengthwise, then into ¼-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then mince or grate **garlic**.
- Peel, then mince or grate **½ tbsp ginger** (dbl for 4 ppl).



Finish meatballs and veggies

- Add **meatballs, plum sauce, soy sauce** and **¼ cup water** (dbl for 4 ppl) to the pan with **veggies**. Cook, stirring often, until **meatballs** and **veggies** are coated in **sauce**, 1-2 min.



Form and bake meatballs

- Line a baking sheet with parchment paper.
- Add **beef, ginger, garlic, panko, half the sesame seeds** and **half the green onions** to a large bowl. Season with **salt**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Arrange **meatballs** on the prepared baking sheet.
- Bake in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**



Finish and serve

- Fluff **rice** with a fork, then stir in **remaining green onions** and season with **salt**.
- Divide **rice** between plates, then top with **meatballs and veggies**. Spoon **any remaining sauce** from the pan over top.
- Sprinkle with **remaining sesame seeds**.

Dinner Solved!