



SWEET HOISIN-GLAZED MEATBALLS

with Roasted Sweet Potato and Broccolini



HELLO

HOISIN SAUCE

A sweet and savoury glaze that adds an extra boost of flavour

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 581



Ground Beef



Sweet Potato, sliced



Ginger



Green Onion



Lime



Panko Breadcrumbs



Broccolini



Hoisin Sauce



Sesame Seeds, toasted

BUST OUT

- 2 Baking Sheets
- Measuring Spoons
- Medium Bowl
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Ground Beef 1 pkg (250 g) | 2 pkg (500 g)
- Sweet Potato, sliced 1 pkg (340 g) | 2 pkg (680 g)
- Ginger 30 g | 60 g
- Green Onion 2 | 4
- Lime 1 | 2
- Panko Breadcrumbs 1 1 pkg (¼ cup) | 2 pkg (½ cup)
- Broccolini 170 g | 340 g
- Hoisin Sauce 1,4,8 1 pkg (2 tbsp) | 2 pkg (4 tbsp)
- Sesame Seeds, toasted 8 1 pkg (1 tbsp) | 1 pkg (1 tbsp)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

Preheat the oven to **450°F** (to bake the sweet potatoes, broccolini and meatballs). Start prepping when the oven comes up to temperature!



1 ROAST POTATOES

Wash and dry all produce. Toss the **sweet potatoes** on a parchment-lined baking sheet with drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, flipping them over halfway through cooking, until golden-brown, 25-28 min.



2 PREP

Meanwhile, peel, then mince or grate **1 tbsp ginger** (double for 4 people). Thinly slice the **green onions**.



3 MAKE MEATBALLS

In a medium bowl, combine the **ground beef**, **ginger**, **green onion** and **panko**. Season with **salt** and **pepper**. Roll the mixture into 1-inch round meatballs.



4 COOK MEATBALLS

Place the **meatballs** on one side of a foil-lined baking sheet. Toss the **broccolini** on the other side with a drizzle of **oil**. Season with **salt** and **pepper**. Bake in the centre of the oven until broccolini is tender and meatballs are golden-brown and cooked through, 10-12 min. (**TIP:** When they are cooked through, they will not be pink inside.)



5 GLAZE MEATBALLS

When the **meatballs** are cooked through, brush them with **hoisin sauce**.



6 FINISH AND SERVE

Cut the **lime** into wedges. Divide the **meatballs**, **broccolini** and **sweet potatoes** between plates. Sprinkle the **sesame seeds** over the meatballs and squeeze over a **lime wedge**.

SWEET!

Sweet potatoes are high in Vitamin A – a nutrient vital for healthy vision.