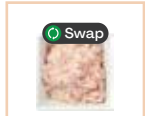




Teriyaki Beef Meatballs

with Stir-Fry Veggies and Garlic Rice

Family Friendly 30 Minutes



Ground Chicken ⁺
250 g | 500 g

↗ Custom Recipe **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Vegetable Mix
170 g | 340 g



Jasmine Rice
3/4 cup | 1 1/2 cups



Teriyaki Sauce
4 tbsp | 8 tbsp



Soy Sauce
1 1/2 tsp | 3 tsp



Panko Breadcrumbs
1/4 cup | 1/2 cup



Honey
1 | 2



Ginger-Garlic Puree
2 tbsp | 4 tbsp

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.

Pantry items | Oil*, salt*, pepper*, unsalted butter*

Cooking utensils | Baking sheet, medium bowl, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Heat a medium pot over medium heat.
- When hot, add ½ **tblsp** (1 **tblsp**) **oil**, then **half the ginger-garlic puree** and **rice**. Cook, stirring often, until fragrant, 2-3 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and ½ **tsp** (¼ **tsp**) **salt**. Bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Make meatballs

- ◉ **Swap** | **Chicken**
- Meanwhile, line a baking sheet with parchment paper.
- Add **panko**, **soy sauce** and ½ **tsp** (¼ **tsp**) **pepper** to a medium bowl. Stir to combine.
- Add **ground beef**. Stir until well combined.
- Roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).
- Arrange on the prepared baking sheet.
- Bake in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**

3



Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tblsp** (2 **tblsp**) **oil**, then **vegetable mix** and **2 tblsp** (4 **tblsp**) **water**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**, then transfer to a plate.

4



Make sauce

- Reduce heat to medium-low.
- Add **teriyaki sauce**, **ginger-garlic puree**, **2 tblsp** (4 **tblsp**) **water** and **honey** to the pan.
- Cook, stirring often, until **sauce** thickens slightly, 1-2 min.
- Remove the pan from heat.
- Once cooked, transfer **meatballs** to the pan with **sauce**. Stir to coat.

5



Finish and serve

- Fluff **rice** with a fork, then stir in **1 tblsp** (2 **tblsp**) **butter**.
- Divide **rice** between plates.
- Top with **veggies**, then **meatballs**.
- Drizzle **any sauce** from the pan over top.

Measurements within steps

1 tblsp	(2 tblsp)	oil
2 person	4 person	Ingredient

2 | Make chicken meatballs

◉ **Swap** | **Chicken**

If you've opted to get **ground chicken**, cook it in the same way the recipe instructs you to cook the **ground beef****

** Cook beef and chicken 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.



Issue with your meal? Scan the QR code to share your feedback.