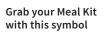


Sticky Teriyaki Beef Meatballs & Asian Slaw with Aioli & Coriander

NEW

KID FRIENDLY















Fresh Chilli (Optional)

Teriyaki Sauce





Ginger Paste







Garlic Aioli

Fine Breadcrumbs





Coriander

Shredded Cabbage





Prep in: 20-30 mins Ready in: 25-35 mins

Carb Smart

Teriyaki sauce on beef meatballs can inject a burst of flavour that we never knew we needed for this slaw bowl. It's rich and decadent and spiced up with a zap of chilli and coriander. These may be the best meatballs we've ever had!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
radish	2	4		
fresh chilli 🥖 (optional)	1/2	1		
teriyaki sauce	1 medium packet	1 large packet		
brown sugar*	1 tbs	2 tbs		
vinegar* (white wine or rice wine)	½ tbs	1 tbs		
beef mince	1 small packet	2 small packets OR 1 large packet		
ginger paste	1 medium packet	1 large packet		
fine breadcrumbs	1 medium packet	1 large packet		
egg*	1	2		
salt*	1/4 tsp	½ tsp		
garlic aioli	1 medium packet	1 large packet		
shredded cabbage mix	1 bag (150g)	1 bag (300g)		
coriander	1 bag	1 bag		
lamb mince**	1 packet	1 packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2680kJ (641Cal)	643kJ (154Cal)
Protein (g)	36.3g	8.7g
Fat, total (g)	37.5g	9g
- saturated (g)	10.5g	2.5g
Carbohydrate (g)	35.7g	8.6g
- sugars (g)	19.3g	4.6g
Sodium (mg)	892mg	214mg
Dietary Fibre (g)	6.1g	1.5g
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2237kJ (535Cal)	536kJ (128Cal)
Protein (g)	33.3g	8g
Fat, total (g)	28.4g	6.8g
- saturated (g)	5.5g	1.3g
Carbohydrate (g)	35.7g	8.6g
- sugars (g)	19.3g	4.6g
Sodium (mg)	912mg	219mg
Dietary fibre	6.1g	1.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Grate the carrot. Thinly slice radish and fresh chilli (if using).
- In a small bowl, combine teriyaki sauce, the brown sugar, vinegar and a splash of water. Set aside.
- In a medium bowl, combine beef mince, ginger paste, fine breadcrumbs, the egg, salt and a pinch of pepper.
- Using damp hands, roll heaped spoonfuls of the beef mixture into small meatballs (4-5 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

Custom Recipe: If you've swapped beef mince for lamb mince, make lamb meatballs in the same way as above.



Toss the slaw

- While the meatballs are cooking, combine garlic aioli and a drizzle of vinegar in a large bowl.
- Add shredded cabbage mix, carrot and radish. Toss to coat and season to taste.



Cook the meatballs

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook meatballs, turning, until browned and cooked through, 8-10 minutes (cook in batches if your pan is getting crowded).
- Add teriyaki sauce mixture and cook, tossing, until meatballs are well coated, 1-2 minutes.

Custom Recipe: Cook lamb meatballs in the same way as above.



Serve up

- Divide slaw between bowls. Top with teriyaki-glazed beef meatballs, spooning over any remaining glaze.
- Tear over **coriander**. Sprinkle over **chilli** to serve. Enjoy!

Little cooks: Add the finishing touch and tear over the coriander.



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