



# Sticky Beef Meatballs & Jasmine Rice

with Soy Stir-Fry Veggies & Garlic Aioli

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Carrot



Green Beans



Beef Mince



Fine Breadcrumbs



Oyster Sauce



Sweet Chilli Sauce



Garlic Aioli



Crispy Shallots



Pork Mince

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

Sweet chilli and oyster sauce has to be our new favourite flavour combo, and it's even better turned into a glaze and slathered all over savoury beef meatballs. Don't let that extra sauce go to waste - soak it up with jasmine rice and spoon it over the garlicky veggies to max out on those delicious flavours!

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

### Pantry items

Olive Oil, Butter, Egg, Soy Sauce

## 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

Medium saucepan · Large frying pan · Medium frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
garlic	3 cloves	6 cloves
carrot	1	2
green beans	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tsp	2 tsp
garlic aioli	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4265kJ (1019Cal)	825kJ (197Cal)
Protein (g)	42.7g	8.3g
Fat, total (g)	47.5g	9.2g
- saturated (g)	17.4g	3.4g
Carbohydrate (g)	101.4g	19.6g
- sugars (g)	19.3g	3.7g
Sodium (mg)	1398mg	271mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3974kJ (950Cal)	769kJ (184Cal)
Protein (g)	38.5g	7.4g
Fat, total (g)	43g	8.3g
- saturated (g)	14.5g	2.8g
Carbohydrate (g)	101.4g	19.6g
- sugars (g)	19.3g	3.7g
Sodium (mg)	1418mg	274mg

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](https://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

2024 | CW14



1



## Make the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **jasmine rice** and a pinch of **salt**, uncovered, over high heat until tender, **12-14 minutes**. Drain, rinse with warm water and return to the saucepan.
- Add the **butter**, stir to combine and cover to keep warm.
- Meanwhile, finely chop **garlic**. Thinly slice **carrot** into half-moons. Trim **green beans**.
- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, the **egg**, half the **garlic** and a generous pinch of **salt**. Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.

3



## Cook the garlic veggies

- While meatballs are cooking, heat a medium frying pan over medium-high heat with a drizzle of **olive oil**. Cook **green beans** and **carrot** until tender, **3-4 minutes**.
- Add the **soy sauce** and remaining **garlic** and cook until fragrant, **1-2 minutes**. Season to taste.

2



## 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).
- Remove pan from heat, then add **oyster sauce**, **sweet chilli sauce** and a splash of **water** and toss to coat.

**TIP:** Add a splash more water if the glaze looks too thick.

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

**Custom Recipe:** If you've swapped to pork mince, follow step as above.

4



## Serve up

- Divide jasmine rice between bowls. Top with sticky beef meatballs, soy veggies and **garlic aioli**. Spoon any remaining sauce over meatballs.
- Garnish with **crispy shallots** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)