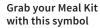


# Sticky Beef Meatballs & Jasmine Rice with Soy Stir-Fry Veggies & Garlic Aioli

**KID FRIENDLY** 

NEW









Green Beans

Carrot





**Beef Mince** 

Fine Breadcrumbs



**Oyster Sauce** 

Sweet Chilli Sauce



**Crispy Shallots** 



Pantry items

Olive Oil, Butter, Egg, Soy Sauce





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!



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## 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

 $\mathsf{Medium}\ \mathsf{saucepan} \cdot \mathsf{Large}\ \mathsf{frying}\ \mathsf{pan} \cdot \mathsf{Medium}\ \mathsf{frying}\ \mathsf{pan}$ 

#### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
butter*	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
egg*	1	2
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	1 large packet
soy sauce*	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** 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



### 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.



# 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.



# 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.



### 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!

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