

Easy Teriyaki Beef Meatballs & Asian Slaw

with Garlic Aioli & Coriander

KID FRIENDLY

Grab your meal kit with this number

14



Carrot



Cucumber



Fresh Chilli (Optional)



Teriyaki Sauce



Beef Mince



Sweet Soy Seasoning



Fine Breadcrumbs



Garlic Aioli



Ginger Paste



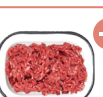
Shredded Cabbage Mix



Coriander



Pork Mince



Beef Mince

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

Protein Rich

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!

Pantry items

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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
cucumber	½	1
fresh chilli  (optional)	½	1
teriyaki sauce	1 medium packet	1 large packet
brown sugar*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	2 tsp	4 tsp
beef mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	½ sachet	1 sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
salt*	¼ tsp	½ tsp
garlic aioli	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2752kJ (658cal)	260kJ (62cal)
Protein (g)	36.8g	3.5g
Fat, total (g)	37.7g	3.6g
- saturated (g)	10.7g	1g
Carbohydrate (g)	38.1g	3.6g
- sugars (g)	23.6g	2.2g
Sodium (mg)	1230mg	116.4mg
Dietary Fibre (g)	4.9g	0.5g

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

2024 | CW41



Get prepped

- Grate **carrot**. Thinly slice **cucumber** (see ingredients) into half-moons. Thinly slice **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**, **sweet soy seasoning**, **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!



Toss the slaw

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



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 **ginger paste**, then cook until fragrant, **1 minute**.
- Add **teriyaki sauce mixture**, then cook, tossing, until meatballs are well coated, **1-2 minutes**.



Serve up

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

CUSTOM OPTIONS



SWAP TO PORK MINCE
Follow method above.



DOUBLE BEEF MINCE
Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

