



Teriyaki-Ginger Beef Meatballs & Asian Slaw

with Garlic Aioli & Coriander

KID FRIENDLY

Grab your meal kit with this number

4



Carrot



Cucumber



Fresh Chilli (Optional)



Teriyaki Sauce



Beef Mince



Sweet Soy Seasoning



Fine Breadcrumbs



Ginger Paste



Garlic Aioli



Shredded Cabbage Mix



Coriander



Beef Mince



Lamb 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 | 2 medium packets |
| 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 |
| ginger paste | 1 medium packet | 1 large packet |
| garlic aioli | 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) | 2822kJ (674Cal) | 597kJ (142Cal) |
| Protein (g) | 37.1g | 7.9g |
| Fat, total (g) | 38.5g | 8.1g |
| - saturated (g) | 10.7g | 2.3g |
| Carbohydrate (g) | 40.7g | 8.6g |
| - sugars (g) | 25g | 5.3g |
| Sodium (mg) | 1228mg | 260mg |
| Dietary Fibre (g) | 5g | 1.1g |

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 | CW52



1



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** (see ingredients), **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!

3



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**.

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

4



Serve up

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

CUSTOM
OPTIONS

 **DOUBLE BEEF MINCE**
Follow method above.

 **SWAP TO LAMB MINCE**
Follow method above.

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

