



Teriyaki Beef Meatballs & Garlic Rice

with Peanuts & Aromatic Veggies

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Asian Greens



Broccoli



Green Beans



Red Onion



Teriyaki Sauce



Sweet Chilli Sauce



Beef Mince



Fine Breadcrumbs



Ginger



Roasted Peanuts

Hands-on: 20-30 mins
Ready in: 30-40 mins

Make a simple stir-fry a little more special by serving with mouth-watering garlic rice! Plus, using our delicious teriyaki sauce means you get a big helping of flavour with minimal effort. Enjoy your tasty and colourful creation!

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
Asian greens	1 head	2 heads
broccoli	1 bag	2 bags
green beans	1 bag (100g)	1 bag (200g)
red onion	1 (medium)	1 (large)
ginger	1 knob	2 knobs
teriyaki sauce	1 packet (65g)	1 packet (130g)
sweet chilli sauce	1 packet (50g)	1 packet (100g)
rice wine vinegar*	drizzle	drizzle
beef mince	1 packet	1 packet
egg*	1	2
fine breadcrumbs	1 packet	1 packet
salt*	¼ tsp	½ tsp
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3949kJ (943Cal)	588kJ (140Cal)
Protein (g)	50.3g	7.5g
Fat, total (g)	31.4g	4.7g
- saturated (g)	13.4g	2g
Carbohydrate (g)	102.1g	15.2g
- sugars (g)	24.7g	3.7g
Sodium (mg)	1095mg	163mg

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **water** and a pinch of **salt** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek.



Cook the beef

Wipe out the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).



Get prepped

While the rice is cooking, roughly chop the **Asian greens**. Cut the **broccoli** into small florets and roughly chop the stalk. Trim and halve the **green beans**. Thinly slice the **red onion**. Finely grate the **ginger**. In a small bowl, combine the **teriyaki sauce**, **sweet chilli sauce**, the **rice wine vinegar**, a splash of **water** and a pinch of **pepper**. Set aside. In a large bowl, combine the **beef mince**, **egg**, **fine breadcrumbs**, the **salt** and **ginger**. Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs. You should get 4-5 meatballs per person.



Bring it all together

Reduce the heat to medium, then add the **teriyaki mixture** to the **meatballs** and cook, tossing, until slightly reduced and the meatballs are coated, **1 minute**.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **broccoli**, **green beans** and **onion** with a splash of **water** until tender, **6-8 minutes**. Add the **Asian greens** and remaining **garlic** and cook until wilted and fragrant, **2-3 minutes**. Season to taste. Transfer to a bowl and cover to keep warm.



Serve up

Divide the garlic rice between bowls. Top with the teriyaki meatballs and veggies. Pour any remaining teriyaki sauce over the meatballs. Garnish with the **roasted peanuts** to serve.

Enjoy!