



Teriyaki-Glazed Beef Meatballs

with Sesame Rice, Pear Slaw & Peanuts

Grab your Meal Kit with this symbol



Jasmine Rice



Ginger



Garlic



Teriyaki Sauce



Beef Mince



Fine Breadcrumbs



Sesame Seeds



Pear



Mango Mayonnaise



Slaw Mix



Crushed Peanuts

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

These meatballs are like nothing you've had before! The teriyaki glaze gives these morsels of deliciousness an amazing flavour while the jasmine rice gets a hit of sesame. Just add a refreshing slaw with some extra crunch from pear to tie the meal together.

Pantry items

Olive Oil, Brown Sugar (or Honey), 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 |
| water* (for the rice) | 1¼ cups | 2½ cups |
| jasmine rice | 1 packet | 1 packet |
| ginger | 1 knob | 2 knobs |
| garlic | 4 cloves | 8 cloves |
| teriyaki sauce | 1 packet (65g) | 1 packet (130g) |
| brown sugar* (or honey) | 1 tbs | 2 tbs |
| water* (for the sauce) | 1 tbs | 2 tbs |
| rice wine vinegar* | ½ tbs | 1 tbs |
| beef mince | 1 packet | 1 packet |
| fine breadcrumbs | 1 packet | 1 packet |
| egg* | 1 | 2 |
| sesame seeds | 1 sachet | 1 sachet |
| pear | 1 | 2 |
| mango | 1 packet (50g) | 1 packet (100g) |
| mayonnaise | | |
| slaw mix | 1 bag (150g) | 1 bag (300g) |
| crushed peanuts | 1 packet | 2 packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4775kJ (1141Cal) | 952kJ (227Cal) |
| Protein (g) | 48g | 9.6g |
| Fat, total (g) | 54.4g | 10.8g |
| - saturated (g) | 14.8g | 3g |
| Carbohydrate (g) | 104.7g | 20.9g |
| - sugars (g) | 24.6g | 4.9g |
| Sodium (mg) | 921mg | 184mg |

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.



Cook the rice

In a medium saucepan, bring the **water (for the rice)** 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!



Get prepped

While the rice is cooking, finely grate the **ginger**. Finely chop the **garlic**. In a small bowl, combine the **teriyaki sauce, brown sugar, water (for the sauce)** and 1/2 the **rice wine vinegar**. Set aside.



Make the meatballs

In a medium bowl, combine the **ginger, garlic, beef mince, fine breadcrumbs** and **egg**. Using damp hands, roll heaped spoonfuls of the **beef mixture** into small meatballs. Transfer to a plate. You should get 4-5 meatballs per person.



Cook the meatballs

Heat a large frying pan over a medium-high heat. Toast the **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **meatballs**, turning occasionally, until browned and cooked through, **8-10 minutes**. Add the **teriyaki sauce mixture** and cook, tossing, until the **meatballs** are well coated, **1-2 minutes**.

TIP: Reduce the heat to medium if the meatballs are browning too quickly.



Bring it all together

While the meatballs are cooking, thinly slice the **pear**. Combine the **mango mayonnaise** and remaining **rice wine vinegar** in a large bowl. Add the **slaw mix** and **pear**. Toss to coat and season to taste.



Serve up

Stir the toasted sesame seeds through the rice. Divide the sesame rice between bowls. Top with the teriyaki-glazed beef meatballs, spooning over any remaining glaze from the pan. Serve with the pear slaw. Garnish with the **crushed peanuts** to serve.

Enjoy!