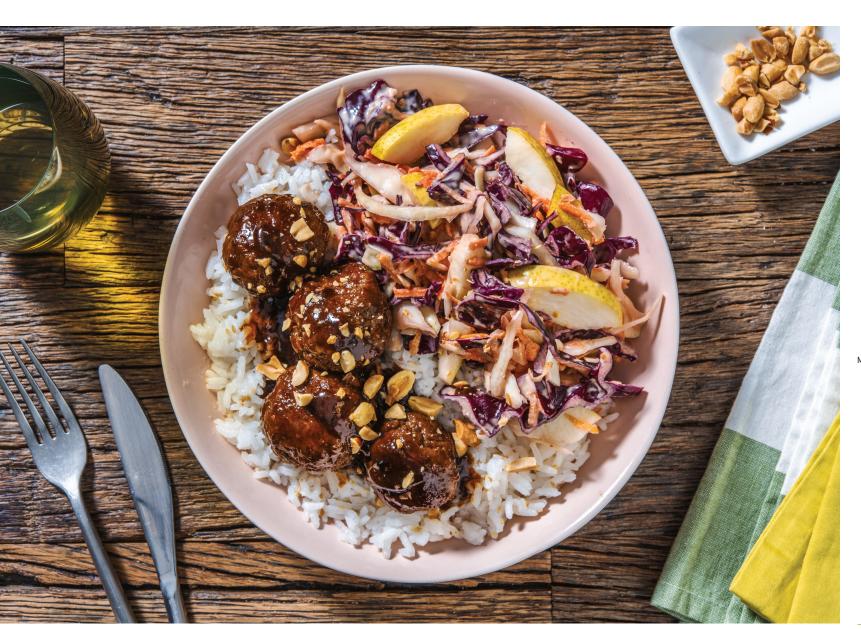


# Teriyaki-Glazed Beef Meatballs with Sesame Rice, Pear Slaw & Peanuts

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Mango Mayonnaise



Crushed Peanuts

#### **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

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	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 mayonnaise	1 packet (50g)	1 packet (100g)	
slaw mix	1 bag (150g)	1 bag (300g)	
crushed peanuts	1 packet	2 packets	

<sup>\*</sup>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!