



Teriyaki-Glazed Beef Meatballs

with Sesame Rice, Pear Slaw & Peanuts

Grab your Meal Kit with this symbol



Ginger



Garlic



Pear



Baby Spinach Leaves



Teriyaki Sauce



Beef Mince



Fine Breadcrumbs



Sesame Seeds



Garlic Aioli



Slaw Mix



Microwavable Basmati Rice



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 quick basmati 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
ginger	1 knob	2 knobs
garlic	4 cloves	8 cloves
pear	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
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
garlic aioli	1 packet (50g)	1 packet (100g)
slaw mix	1 bag (150g)	1 bag (300g)
microwavable basmati rice	1 packet	2 packets
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3985kJ (952Cal)	726kJ (173Cal)
Protein (g)	44.6g	8.1g
Fat, total (g)	49.9g	9.1g
- saturated (g)	11.3g	2.1g
Carbohydrate (g)	77.9g	14.2g
- sugars (g)	25g	4.6g
Sodium (mg)	959mg	175mg

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.



Get prepped

Finely grate the **ginger** and **garlic**. Thinly slice the **pear**. Roughly chop the **baby spinach leaves**.



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.



Make the glaze

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 slaw

While the meatballs are cooking, combine the **garlic aioli** and remaining **rice wine vinegar** in a large bowl. Add the **slaw mix**, **baby spinach** and **pear**. Toss to coat and season to taste. Microwave the **microwavable basmati rice** until steaming, **3 minutes**.



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.



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. Serve with the pear slaw. Garnish with the **crushed peanuts** to serve.

Enjoy!