



Sesame & Oyster Sauce Beef Meatballs

with Wombok Salad

NEW

Grab your Meal Kit with this symbol



Beef Mince



Fine Breadcrumbs



Garlic Paste



Carrot



Oyster Sauce



Mixed Sesame Seeds



Sesame Dressing



Shredded Wombok



Baby Spinach Leaves



Pork Mince

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

This wombok salad is the perfect base for a gorgeous protein. On the menu today are sesame and oyster sauce beef meatballs. Also these little bite-sized delights have flavour from the mixed sesame seeds, giving crunch in every bite.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Brown Sugar, Soy Sauce

Before you start

Wash your hands and any fresh food.

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
beef mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
egg*	1	2
carrot	1	2
oyster sauce	1 large packet	2 large packets
brown sugar*	1 tbs	2 tbs
mixed sesame seeds	1 medium packet	1 large packet
sesame dressing	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
shredded wombok	1 medium bag	1 large bag
baby spinach leaves	1 medium bag	1 large bag
pork mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2260kJ (540Cal)	541kJ (129Cal)
Protein (g)	37.8g	9g
Fat, total (g)	28.3g	6.8g
- saturated (g)	7.7g	1.8g
Carbohydrate (g)	32.7g	7.8g
- sugars (g)	20.8g	5g
Sodium (mg)	1680mg	402mg
Dietary Fibre (g)	4.7g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2233kJ (534Cal)	534kJ (128Cal)
Protein (g)	34.4g	8.2g
Fat, total (g)	29.2g	7g
- saturated (g)	7.2g	1.7g
Carbohydrate (g)	32.7g	7.8g
- sugars (g)	20.8g	5g
Sodium (mg)	1679mg	402mg
Dietary Fibre (g)	4.7g	1.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



1



Prep the meatballs

- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, **garlic paste**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.

Custom Recipe: If you've swapped to pork mince, prepare pork mince in the same way beef mince.

3



Glaze the meatballs & toss the salad

- Remove pan from heat and drain **oil**.
- Add **oyster sauce mixture**, tossing to coat.
- In a large bowl, combine **sesame dressing**, the **soy sauce** and a drizzle of olive oil.
- Add **shredded wombok**, **baby spinach leaves**, **carrot** and remaining **sesame seeds** and toss to combine. Season to taste.

2



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **meatballs** and cook, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Meanwhile, grate **carrot**.
- In a small bowl, combine **oyster sauce**, the **brown sugar**, a splash of **water** and half the **mixed sesame seeds**.

Custom Recipe: Cook pork meatballs as above.

4



Serve up

- Divide wombok salad between bowls.
- Top with sesame and oyster sauce beef meatballs, spooning over any remaining glaze from pan. Enjoy!

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