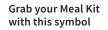


Sesame & Oyster Sauce Beef Meatballs with Wombok Salad

NEW









Fine Breadcrumbs





Carrot

Garlic Paste



Oyster Sauce



Mixed Sesame

Seeds



Sesame Dressing





Baby Spinach Leaves



Shredded Wombok



This wombok salad is the perfect base for a gorgeous protein. On the menu today are sesame and oyster sauce beef meatballs.

Carb Smart

Ready in: 25-35 mins

Also these little bite-sized delights have flavour from the mixed sesame seeds, giving crunch in every bite.

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
refer to method	refer to method
1 small packet	2 small packets OR 1 large packet
1 medium packet	1 large packet
1 packet	2 packets
1	2
1	2
1 large packet	2 large packets
1 tbs	2 tbs
1 medium packet	1 large packet
1 medium packet	1 large packet
1 tsp	2 tsp
1 medium bag	1 large bag
1 medium bag	1 large bag
1 small packet	2 small packets OR 1 large packet
	refer to method 1 small packet 1 medium packet 1 packet 1 1 1 large packet 1 tbs 1 medium packet 1 medium packet 1 medium packet 1 tsp 1 medium bag 1 medium bag

^{*}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	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





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.



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.



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.



Serve up

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