



Asian-Glazed Beef Meatballs

with Rice, Pear Slaw & Peanuts

NEW



Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Pear



Oyster Sauce



Ginger Paste



Beef Mince



Fine Breadcrumbs



Garlic Aioli



Slaw Mix



Crushed Peanuts



Pork Mince

Prep in: 30-40 mins
Ready in: 35-45 mins

Is there really anything better than slapping some perfectly-doused, Asian-glazed meatballs onto a bed of fluffy jasmine rice, We certainly don't think there is, but we will let you be the judge of that!

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

Pantry items

Olive Oil, Brown Sugar (or Honey), Vinegar (White Wine or Rice Wine), Egg

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

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 medium packet	1 large packet
garlic	3 cloves	6 cloves
pear	1	2
oyster sauce	1 packet (50g)	1 packet (100g)
brown sugar* (or honey)	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
vinegar* (white wine or rice wine)	½ tbs	1 tbs
ginger paste	1 medium packet	1 large packet
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
egg*	1	2
garlic aioli	1 medium packet	1 large packet
slaw mix	1 small bag	1 large bag
crushed peanuts	1 medium packet	1 large packet
pork mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4064kJ (971Cal)	875kJ (209Cal)
Protein (g)	43.2g	9.3g
Fat, total (g)	44.4g	9.6g
- saturated (g)	9.3g	2g
Carbohydrate (g)	93.7g	20.2g
- sugars (g)	18.9g	4.1g
Sodium (mg)	1764mg	380mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4038kJ (965Cal)	869kJ (208Cal)
Protein (g)	39.8g	8.6g
Fat, total (g)	45.3g	9.8g
- saturated (g)	8.8g	1.9g
Carbohydrate (g)	93.7g	20.2g
- sugars (g)	18.9g	4.1g
Sodium (mg)	1762mg	379mg

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



Cook the rice

- To a medium saucepan, add the **water (for the rice)** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove the pan from heat and keep covered until 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!



Cook the meatballs

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Add the **oyster sauce mixture** and cook, tossing, until the **meatballs** are well coated, **1-2 minutes**.

TIP: For best results, drain the oil from the pan before cooking the sauce.

Custom Recipe: Cook pork meatballs in the same way as the beef meatballs.



Get prepped

- While the rice is cooking, finely chop **garlic**. Thinly slice **pear**.
- In a small bowl, combine **oyster sauce**, the **brown sugar**, the **water (for the sauce)** and 1/2 the **vinegar**. Set aside.



Bring it all together

- While the meatballs are cooking, combine **garlic aioli** and remaining **vinegar** in a large bowl.
- Add **slaw mix** and **pear**. Toss to coat and season to taste.



Make the meatballs

- In a medium bowl, combine **ginger paste**, **garlic**, **beef mince**, **fine breadcrumbs**, the **salt** and the **egg**.
- 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 as the beef mince.



Serve up

- Divide rice between bowls. Top with Asian-glazed beef meatballs, spooning over any remaining glaze.
- Serve with pear slaw. Garnish with **crushed peanuts** to serve. Enjoy!

Rate your recipe

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