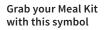


Easy Beef Meatballs & Black Bean Glaze with Peanut Quinoa & Millet Spinach Salad

NEW

DIETITIAN APPROVED















Crushed Peanuts





Bean Sauce

Fine Breadcrumbs





Garlic Paste



Shredded Cabbage



Prep in: 15-25 mins Ready in: 25-35 mins



Calorie Smart

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
quinoa & millet blend	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
honey*	½ tbs	1 tbs
low sodium soy sauce*	1 tbs	2 tbs
rice wine vinegar*	2 tsp	1 tbs
sesame oil blend	1 packet	2 packets
crushed peanuts	1 medium packet	1 large packet
beef mince	1 medium packet	1 large packet
fine breadcrumbs	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
egg*	1	2
plain flour*	1 tbs	2 tbs
sweet black bean sauce	1 packet	2 packets
shredded cabbage mix	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2688kJ (642Cal)	714kJ (170Cal)
Protein (g)	42.3g	11.2g
Fat, total (g)	29.2g	7.8g
- saturated (g)	7.8g	2.1g
Carbohydrate (g)	51g	13.5g
- sugars (g)	11.8g	3.1g
Sodium (mg)	749mg	199mg

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the quinoa & millet blend

- Boil the kettle. Rinse quinoa & millet blend using a sieve.
- Half-fill a medium saucepan with the boiling water. Add quinoa & millet blend and a generous pinch of salt.
- Cook, uncovered, over high heat until tender, 12-15 minutes. Drain and return to saucepan.

TIP: Rinsing the grain blend helps remove any bitter flavour!



Get prepped

- Meanwhile, roughly chop baby spinach leaves.
- In a small bowl, combine the honey, low sodium soy sauce, rice wine vinegar, sesame oil blend and crushed peanuts.
- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, **garlic paste**, the **egg**, the **plain flour** and a generous pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of mixture into small meatballs (4-5 per person). Transfer to a plate.



Cook the meatballs

- In a large frying pan, heat a 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).
- Remove pan from heat, then add sweet black bean sauce and a splash of water, tossing to coat.

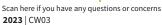
TIP: For best results, drain the oil from the pan before cooking the sauce.



Serve up

- Meanwhile, to pan with quinoa & millet blend, add shredded cabbage mix, spinach and honey-soy mixture. Toss to combine and season to taste.
- Divide peanut, quinoa & millet spinach salad between bowls. Top with beef meatballs.
- Spoon over any remaining black bean glaze from pan to serve. Enjoy!







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