



# Easy Beef Meatballs & Black Bean Glaze

with Peanut Quinoa & Millet Spinach Salad

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Quinoa & Millet Blend



Baby Spinach Leaves



Sesame Oil Blend



Crushed Peanuts



Fine Breadcrumbs



Sweet Black Bean Sauce



Beef Mince



Garlic Paste



Shredded Cabbage Mix

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



We decided to get extra inventive in the kitchen so now we present to you this meatball perfection. Pack your bowl with innovative peanut quinoa, millet and spinach salad and then top it with beef meatballs with black bean glaze. So unique and so yummy!

### Pantry items

Olive Oil, Honey, Low Sodium Soy Sauce, Rice Wine Vinegar, Egg, Plain Flour

## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
quinoa & millet blend	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
<b>honey*</b>	½ tbs	1 tbs
<b>low sodium soy sauce*</b>	1 tbs	2 tbs
<b>rice wine vinegar*</b>	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
<b>egg*</b>	1	2
<b>plain flour*</b>	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](https://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

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## 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!

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## 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.

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## 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.

4



## 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!

## Rate your recipe

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