



# Quick Sticky Beef Meatball Rice Bowl

with Soy Garlic Veggies & Mayo

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Carrot



Mayonnaise



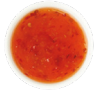
Beef Mince



Fine Breadcrumbs



Oyster Sauce



Sweet Chilli Sauce



Asian Stir-Fry Mix



Crispy Shallots



Chicken Mince

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

Eat Me Early\*  
\*Custom Recipe only

Rice bowls are so simple to whip up and have the ability to pack in so many good flavours. Tonight is no different, with oyster and sweet chilli sauce coating the meatballs to perfection. Paired with our Asian stir-fry mix and garlicky rice, you'll be at the bottom of the bowl before you know it!

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

### Pantry items

Olive Oil, Butter, Soy Sauce, Egg



## Before you start

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

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

## You will need

Medium saucepan with a lid · Large frying pan · Medium frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
jasmine rice	1 packet	1 packet
<b>butter*</b>	20g	40g
garlic	3 cloves	6 cloves
carrot	1	2
mayonnaise	1 medium packet	2 medium packets
<b>soy sauce*</b>	1 tbs	2 tbs
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 packet	1 packet
<b>egg*</b>	1	2
oyster sauce	1 packet (50g)	1 packet (100g)
sweet chilli sauce	1 small packet	1 medium packet
Asian stir-fry mix	1 medium bag	1 large bag
crispy shallots	1 medium packet	1 large packet
chicken mince**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4111kJ (983Cal)	717kJ (171Cal)
Protein (g)	44.9g	7.8g
Fat, total (g)	43.8g	7.6g
- saturated (g)	15.2g	2.7g
Carbohydrate (g)	104.9g	18.3g
- sugars (g)	20.7g	3.6g
Sodium (mg)	2112mg	368mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3714kJ (888Cal)	648kJ (155Cal)
Protein (g)	45.2g	7.9g
Fat, total (g)	33g	5.8g
- saturated (g)	10.2g	1.8g
Carbohydrate (g)	104.9g	18.3g
- sugars (g)	20.7g	3.6g
Sodium (mg)	2088mg	364mg

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



1



## Cook the rice & get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water. Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain, rinse with **warm water** and return to saucepan. Add **butter**, stir to combine and cover to keep warm.
- Meanwhile, finely chop **garlic**. Thinly slice **carrot** into half-moons.
- In a small bowl, combine **mayonnaise** and the **soy sauce**. Set aside.

3



## Cook the veggies

- While the meatballs are cooking, in a medium frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **Asian stir-fry mix** and **carrot** and cook, tossing, until tender, **3-4 minutes**. Add remaining **garlic** and cook until fragrant, **1-2 minutes**. Season to taste.

**TIP:** Add a dash of water to the pan to help speed up the cooking process.

2



## Make the meatballs

- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, the **egg**, 1/2 the **garlic** and a generous pinch of **salt**. Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to plate.
- In a large frying pan, heat a generous 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). Remove pan from heat and add **oyster sauce**, **sweet chilli sauce** and a splash of **water**, turning until meatballs are well coated.

**Custom Recipe:** If you've swapped to chicken mince, prepare and cook chicken mince in the same way as the beef mince. Once the chicken meatballs have been shaped, allow them 5 minutes to rest. This will help the meatballs hold their shape when cooked.

4



## Serve up

- Divide rice between bowls. Top with sticky beef meatballs, garlic veggies and soy mayonnaise. Spoon any remaining sauce over meatballs.
- Garnish with **crispy shallots** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)