



Sesame-Honey Beef Meatballs & Brown Rice

with Japanese-Style Salad & Mayonnaise

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Brown Rice



Mixed Sesame Seeds



Beef Mince



Fine Breadcrumbs



Pea Pods



Carrot



Shredded Cabbage Mix



Sesame Oil Blend



Japanese Dressing



Mayonnaise



Pork Mince

Prep in: **20-30 mins**
Ready in: **30-40 mins**

You're going to love this Japanese-style number! Beef meatballs are simmered in a sesame-honey mixture, then served with brown rice and zingy snowpea slaw for added flavour and texture. Don't forget the dollop of mayonnaise on top!

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

Pantry items

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

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
low sodium soy sauce* (for the glaze)	½ tbs	1 tbs
mixed sesame seeds	1 medium sachet	1 large sachet
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
low sodium soy sauce* (for the meatballs)	½ tbs	1 tbs
egg*	1	2
pea pods	1 small bag	1 medium bag
carrot	1	2
shredded cabbage mix	1 medium bag	1 large bag
sesame oil blend	1 packet	2 packets
rice wine vinegar*	1 tbs	2 tbs
Japanese dressing	1 packet	2 packets
mayonnaise	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)	3525kJ (842Cal)	696kJ (166Cal)
Protein (g)	43.6g	8.6g
Fat, total (g)	40.2g	7.9g
- saturated (g)	8.9g	1.8g
Carbohydrate (g)	73.6g	14.5g
- sugars (g)	19.6g	3.9g
Sodium (mg)	920mg	182mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3499kJ (836Cal)	691kJ (165Cal)
Protein (g)	40.1g	7.9g
Fat, total (g)	41.1g	8.1g
- saturated (g)	8.4g	1.7g
Carbohydrate (g)	73.6g	14.5g
- sugars (g)	19.6g	3.9g
Sodium (mg)	918mg	181mg

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 brown rice

- Boil the kettle.
- Half-fill a medium saucepan with boiling water. Add **brown rice** and a generous pinch of **salt**, reduce heat to medium, and simmer, uncovered, until rice is soft, **25-30 minutes**.



Prep the slaw

- While the meatballs are cooking, trim and thinly slice **pea pods** lengthways. Grate **carrot**.



Make the meatballs

- Meanwhile, in a small bowl, combine the **honey**, **low sodium soy sauce (for the glaze)**, a dash of **water** and **mixed sesame seeds** (reserving a pinch for garnish). Set aside.
- In a medium bowl, combine **beef mince**, **fine breadcrumbs**, the **low sodium soy sauce (for the meatballs)**, the **egg** and a good pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 meatballs per person). Transfer to a plate.

Custom Recipe: If you've swapped to pork mince, combine pork mince in the same way as the beef mince.



Toss the slaw

- To saucepan with the **brown rice**, add **shredded cabbage mix**, **carrot**, **snow peas**, **sesame oil blend**, the **rice wine vinegar** and **Japanese dressing**.
- Toss to coat and season to taste.



Cook the meatballs

- When rice has **10 minutes** remaining, 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 from heat and add **sesame-honey mixture**, turning to coat.

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.



Serve up

- Divide Japanese-style brown rice salad between bowls.
- Top with sesame-honey beef meatballs.
- Dollop over **mayonnaise**.
- Sprinkle over remaining mixed sesame seeds to serve. Enjoy!

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