



Teriyaki Meatballs & Rice

with Veggie Stir-fry

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Pea Pods



Beef Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Teriyaki Sauce



Crispy Shallots

Prep in: 15 mins
Ready in: 25 mins

Looking for a crowd-pleaser dinner that's ready in 25 minutes? This one ticks all the boxes – packed with saucy teriyaki beef meatballs and stir-fried veggies served on jasmine rice, you'll be left with grins all around.

Pantry items

Olive Oil, Butter, 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 lid · Large frying pan

Ingredients

	2 People
olive oil*	refer to method
butter*	20
water* (for the rice)	1¼ cups
jasmine rice	1 medium packet
carrot	1
pea pods	1 small bag
beef mince	1 small packet
garlic & herb seasoning	1 medium sachet
fine breadcrumbs	1 medium packet
egg*	1
teriyaki sauce	1 packet
water* (for the sauce)	¼ cup
crispy shallots	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3525kJ (842Cal)	751kJ (179Cal)
Protein (g)	42.2g	9g
Fat, total (g)	30.1g	6.4g
- saturated (g)	14g	3g
Carbohydrate (g)	104.8g	22.3g
- sugars (g)	24.6g	5.2g
Sodium (mg)	1732mg	369mg

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.

1



Cook the rice

- In a medium saucepan, melt **butter** over medium heat. Add **water (for the rice)** and a generous pinch of **salt** to pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

3



Cook the veggies & meatballs

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **carrot** until starting to soften, **2-3 minutes**. Add **pea pods** and cook until tender, **2-3 minutes**. Season with **salt**. Transfer to a plate.
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Add **teriyaki sauce**, **water (for the sauce)** and cooked **veggies** to the pan, tossing until combined, **1-2 minutes**.

2



Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Trim and slice **pea pods** into thirds.
- In a medium bowl, combine **beef mince**, **garlic & herb seasoning**, **fine breadcrumbs** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **meatball mixture** into small meatballs (4-5 per person). Transfer to a plate.

4



Serve up

- Divide rice between bowls.
- Top with teriyaki meatballs and veggie stir-fry. Spoon over any sauce from pan.
- Serve sprinkled with **crispy shallots**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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