



# KIDS' SWEET SOY MEATBALLS & BUTTERY RICE

+ Snack: Cinnamon-Sugar Pretzel Bites with Peachy Yogurt Dipper



## INGREDIENTS

3 PERSON | 6 PERSON



1 | 2

Mini Cucumber



1 | 2

Orange



2.25 oz | 4.5 oz

Red Grapes



8 oz | 16 oz

Fully Cooked Beef Meatballs  
Contains: Eggs, Milk, Wheat



4 TBSP | 8 TBSP

Sweet Soy Glaze  
Contains: Sesame, Soy, Wheat



1 | 2

Microwavable Rice



1 tsp | 1 tsp

Cinnamon



6 oz | 12 oz

Pretzel Bites  
Contains: Wheat



6 TBSP | 12 TBSP

Yogurt  
Contains: Milk



1 | 2

Peach Jam



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

NAME FIVE FOODS THAT START  
WITH THE LETTER P!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## LUNCH



## SNACK



LUNCH PREP: 5 MIN COOK: 15 MIN | CALORIES: 480 + SNACK COOK: 15 MIN | CALORIES: 290



# HELLO FRESH



## HELLO

### LUNCH + SNACK

Whip up this time-saving, kid-pleasing meal (plus a little something extra!).

### FUTURE FOODIES

Younger kiddos can help wash the fruits and veggies—a great way to get them involved in preparing their own food!

### BUST OUT

- Large pan
  - Large bowl
  - Whisk
  - Kosher salt
  - Black pepper
  - Cooking oil (1 tsp | 1 tsp)
  - Sugar (2 tsp | 3 tsp)
  - Butter (3 TBSP | 6 TBSP)
- Contains: Milk

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### 1 PREP

- Wash and dry produce.
- Thinly slice **cucumber** into rounds. Halve **orange**: slice crosswise into ½-inch-thick half-moons. Halve **grapes** if desired.



### 4 SERVE OR STASH LUNCH

- **To serve:** Divide **rice** between plates; top with **saucy meatballs** and serve with **cucumber rounds, orange slices, and grapes** on the side.
- **To stash:** Let meatballs and rice cool completely. Refrigerate meatballs, rice, cucumber rounds, orange slices, and grapes in separate containers and pack as desired for lunch!



### 2 COOK MEATBALLS

- Halve **meatballs**. Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium heat. Add meatballs and cook, turning occasionally, until warmed through and lightly browned, 4-5 minutes.
- Drizzle **sweet soy glaze** over meatballs; stir to coat. Cook until sauce is warmed through, about 30 seconds. Remove from heat.



### 5 START SNACK

- Adjust rack to middle position. Preheat oven to 350 degrees.
- Place **2 TBSP butter (4 TBSP for 6 servings)** in a large microwave-safe bowl. Microwave until butter melts, 30-45 seconds. Add **2 tsp sugar (3 tsp for 6)** and **½ tsp cinnamon (¾ tsp for 6)** to same bowl; whisk to combine.
- Add **pretzel bites** to bowl with **cinnamon-sugar butter**; toss to evenly coat.
- Spread out **coated pretzel bites** in a single layer on a baking sheet (**drizzle any remaining cinnamon-sugar butter over top**). Bake on middle rack until lightly glazed and warmed through, 6-8 minutes.



### 3 MICROWAVE RICE

- While meatballs cook, massage **rice** in package to break up grains; snip to partially open. Microwave for 90 seconds. Add **1 TBSP butter (2 TBSP for 6 servings)**. Fluff with a fork until butter melts; season with **salt and pepper**.



### 6 FINISH SNACK

- Meanwhile, in a small bowl, whisk together **yogurt and jam** until combined.
- Serve **cinnamon-sugar pretzel bites** with **peachy yogurt dipper**.
- **To store:** Keep pretzel bites in an airtight container at room temperature. Refrigerate peachy yogurt dipper in a separate airtight container.