

INGREDIENTS

3 PERSON | 6 PERSON



Mini Cucumber



Orange



Red Grapes



8 oz | 16 oz Fully Cooked **Beef Meatballs** Contains: Eggs,



4 TBSP | 8 TBSP Sweet Soy Glaze Contains: Sesame, Soy, Wheat



Microwavable



1tsp 1tsp Cinnamon



6 oz | 12 oz Pretzel Bites **Contains: Wheat**



6 TBSP | 12 TBSP Yogurt Contains: Milk



Peach Jam



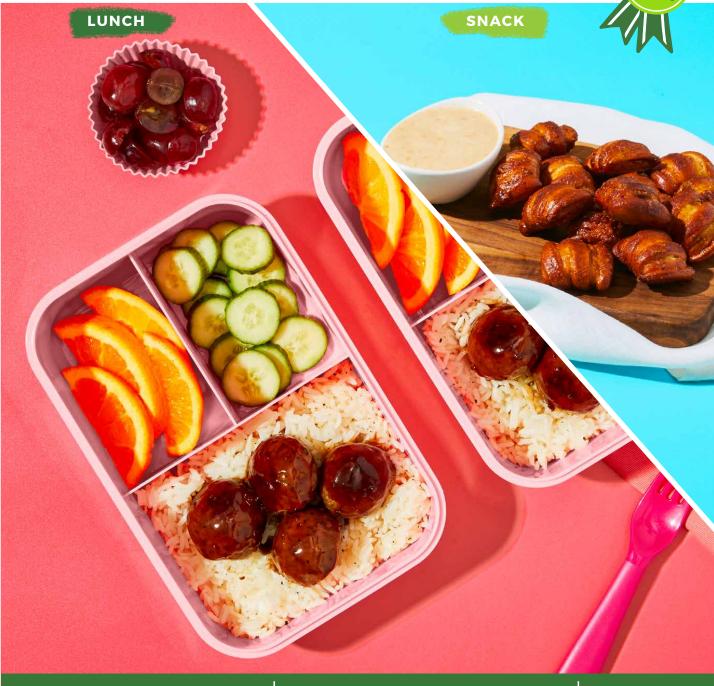
ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER

NAME FIVE FOODS THAT START WITH THE LETTER P!



KIDS' SWEET SOY MEATBALLS & BUTTERY RICE

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



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





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
- · Baking sheet
- · Large bowl
- Small bowl
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (2 tsp | 3 tsp)
- Butter (3 TBSP | 6 TBSP)

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PREP

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



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.



• 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.



- 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!



- · 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.



- 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.