



# UMAMI GINGER MEATBALL BAR

with sides & toppings for everyone to build their perfect plate

## INGREDIENTS

2 PERSON | 4 PERSON

-  **¾ Cup | 1½ Cups**  
Jasmine Rice
-  **12 oz | 24 oz**  
Carrots
-  **1 | 2**  
Cucumber
-  **¼ oz | ½ oz**  
Cilantro
-  **10 oz | 20 oz**  
Ground Beef\*\*
-  **¼ Cup | ½ Cup**  
Panko Breadcrumbs  
Contains: Wheat
-  **½ Cup | 1 Cup**  
Umami Ginger Sauce  
Contains: Soy, Wheat
-  **12 ml | 24 ml**  
Ponzu Sauce  
Contains: Fish, Soy, Wheat
-  **10 tsp | 20 tsp**  
Rice Wine Vinegar
-  **2 TBSP | 4 TBSP**  
Mayonnaise  
Contains: Eggs
-  **1 tsp | 2 tsp**  
Sriracha
-  **1 | 2**  
Crispy Fried Onions  
Contains: Wheat



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP OR GIVE US A CALL AT (646) 846-3663.

\*\*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



**8.8 oz | 17.6 oz**  
Pork & Shiitake Gyoza Dumplings  
Contains: Sesame, Soy, Wheat



**8 oz | 16 oz**  
Broccoli

Calories: 1390

Calories: 1240



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 1190



## BUST OUT

- Small pot
- 2 Small bowls
- Peeler
- Plastic wrap
- 2 Baking sheets
- Medium bowl
- Large bowl
- Medium pot 🍳
- (or 2 large bowls) 🍳
- Slotted spoon 🍳

- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Sugar (1 tsp | 2 tsp)

## MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

*For HelloCustom nutritional information, please refer to HelloFresh.com.*



### 1 COOK RICE

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- In a small pot, combine **rice**, **1¼ cups water** (**2¼ cups for 4 servings**), and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve. **TIP: If you added any other items to your meal (apps, sides, and/or dessert), you can get started on them now!**

- 🍳 For the **gyoza\***, bring a medium pot of **water** to a boil. (**Swap in chicken broth for water if you have some on hand!**)
- 🍳 Cut **broccoli** into bite-size pieces if necessary.



### 2 PREP

- While rice cooks, trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and halve **cucumber** lengthwise; slice crosswise into ¼-inch-thick half-moons. Roughly chop **cilantro**.



### 3 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of oil**, **salt**, and **pepper**. Roast on top rack until browned and tender, 20-25 minutes.



### 4 ROAST MEATBALLS

- While carrots roast, in a large bowl, gently combine **beef\***, **panko**, **1 TBSP umami ginger sauce** (2 TBSP for 4 servings), **salt** (we used ½ tsp; 1 tsp for 4), and **pepper**. (**You'll use the rest of the umami ginger sauce later.**) Form into 10 1½-inch meatballs (20 meatballs for 4).
- Arrange **meatballs** on a second **lightly oiled** baking sheet. Roast on middle rack until browned and cooked through, 12-15 minutes.



### 5 MAKE SAUCES

- Meanwhile, in a small microwave-safe bowl, combine **ponzu**, **remaining umami ginger sauce**, and **1 TBSP vinegar** (2 TBSP for 4 servings). Cover with plastic wrap and microwave until warmed through, 60-90 seconds. **TIP: If you like a sweeter sauce, stir in a pinch of sugar from your pantry.**
- In a separate small bowl, combine **mayonnaise** and **Sriracha** to taste.
- 🍳 Once water is boiling, add **gyoza** to pot. Cook until warmed through, 3 to 5 minutes. Using a slotted spoon, transfer to a plate.



### 6 MAKE CUCUMBER SALAD

- In a medium bowl, combine **cucumber**, **remaining vinegar**, **1 tsp sugar** (2 tsp sugar for 4 servings), and a **pinch of salt and pepper**.
- 🍳 Place **broccoli** in a second large microwave-safe bowl. Cover tightly with plastic wrap; poke a few holes in wrap. Microwave until tender, 3-4 minutes. Carefully uncover (**watch out for steam!**) and toss with **salt and pepper**.



### 7 FINISH & SERVE

- Fluff **rice** with a fork.
- Serve rice, **roasted carrots**, **umami ginger meatballs**, **cucumber salad**, **umami ponzu sauce**, **Sriracha mayo**, **cilantro**, and **crispy fried onions** family style and let everyone build their own plate.
- 🍳 Serve **gyoza** alongside **meatball bar** with **gyoza sauce** on the side for dipping.
- 🍳 Serve **broccoli** alongside **meatball bar**.

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\*Ground Beef is fully cooked when internal temperature reaches 160°.

\*Pork Dumplings are fully cooked when internal temperature reaches 160°.