Banh Mi–Style Turkey Meatball Bowls

with Pickled Veggie Salad, Chili Lime Mayo & Ginger Edamame Rice

New & Improved 30-40 Minutes · Calories: 950 · Protein: 40 g

Ingredients

- Mini Cucumber
- Sweet Thai Chili Sauce
- Ponzu Sauce
- Shredded Carrots
- Sweet Soy Glaze
- Ginger
- Edamame
- Cilantro
- Ground Turkey
- Panko Breadcrumbs
- Jasmine Rice
- Mayonnaise
- Lime
- Garlic

Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.

Hello

Banh Mi-Style

Aromatic turkey meatballs are spooned over rice with a few classic banh mi sandwich toppings: crisp pickled veggies, spicy mayo, and fragrant cilantro.

Before you start

So A-Peeling

To peel ginger, break out your spoon! Using the spoon's tip, apply pressure in a downward motion, carving away the skin. Unlike a vegetable peeler, a spoon allows you to get into ginger's knobby nooks.

Cooking tools

zester, small pot, large bowls, baking sheet, medium bowls, small bowl, paper towels

Pantry ingredients

kosher salt, black pepper, cooking oil, sugar, butter

Nutrition

Nutrients	per serving
Calories:	950
Total Fat:	38g
Saturated Fat:	10g
Sodium:	1400mg
Total Carbohydrate:	104g
Dietary Fiber:	6g
Added Sugars:	16g
Protein:	40g

Allergens

ponzu sauce (contains: fish, soy, wheat), sweet soy glaze (contains: sesame, soy, wheat), edamame (contains: soy), panko breadcrumbs (contains: wheat), mayonnaise (contains: eggs), butter (contains: milk)

Cook for YOUR Crowd

Our recipes are customizable!

Double Protein/Veggies? Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

Making 3 Servings? Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

Making 6 Servings? Just triple the 2-serving recipe—easy!

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

1 Prep

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince or grate **ginger**. Peel and mince **garlic**. Trim and halve **cucumber** lengthwise; thinly slice crosswise into half-moons. Finely chop **cilantro**. Zest and quarter **lime (for 4 servings, zest one lime and quarter both)**.

2 Cook Rice

- Melt **1 TBSP butter (2 TBSP for 4 servings)** in a small pot over medium-high heat. Add **half the ginger** and cook, stirring, until fragrant, 30 seconds.
- Stir in **rice**, **1¼ cups water (2¼ cups for 4)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.

3 Form & Cook Meatballs

- While rice cooks, in a large bowl, combine **turkey***, **panko**, **ponzu**, **garlic**, **remaining ginger**, **salt (we used ¾ tsp; 1½ tsp for 4 servings)**, and **pepper**.
- Form mixture into 10-12 meatballs **(20-24 meatballs for 4)**. Place meatballs on a **lightly oiled** baking sheet.
- Roast on top rack until browned and cooked through, 14-16 minutes.

4 Make Salad & Mix Mayo

- Meanwhile, in a medium bowl, combine **cucumber**, **carrots**, **half the cilantro**, and as much **lime juice** and **lime zest** as you like **(save a bit of lime juice for the mayo)**. Season with **salt** and **pepper**.
- In a small bowl, combine **mayonnaise**, a squeeze of lime juice, and up to **half the chili sauce** to taste **(save the rest for the next step)**.

5 Make Sauce & Toss

- In a second large bowl, combine **2½ TBSP sweet soy glaze (5 TBSP for 4 servings; be sure to measure–we sent more)**, **½ tsp sugar (1 tsp for 4)**, and **remaining chili sauce** to taste.
- Once **meatballs** are done, carefully transfer to bowl with **sauce**; toss until meatballs are thoroughly coated and sauce is just warmed through.

6 Finish & Serve

- Place **edamame** in a second medium microwave-safe bowl. Microwave until tender, 45 seconds. Drain any excess water if necessary. Transfer to a paper-towel-lined plate to cool. Season with **salt** and **pepper**.
- Fluff **rice** with a fork and season with **salt** and **pepper**. Stir in edamame.
- Divide rice between bowls and top with **meatballs**, **pickled veggie salad**, and any **remaining sauce**. Drizzle with **chili lime mayo**. Garnish with **remaining cilantro** and serve with any **remaining lime wedges** on the side.

*Ground Poultry is fully cooked when internal temperature reaches 165°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to hellofresh.com/about/faq for safe cooking guidelines.

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