Gyoza Meatballs & Edamame Rice Bowls

with Sweet Potato Tempura & Umami Ginger Sauce

New 35-45 Minutes · Calories: 1260 · Protein: 41 g

Ingredients

- Scallions
- Ginger
- Sweet Potato
- Garlic Powder
- Soy Sauce
- Sesame Oil
- Tempura Batter Mix
- Edamame
- Sesame Seeds
- Ground Pork
- Umami Ginger Sauce
- Panko Breadcrumbs
- White Rice

Customizable Meal

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

Hello

Umami Ginger Sauce

Ginger, sesame oil, and soy sauce make a flavor-packed sauce.

Before you start

Stay Chill

Cold water is key to tempura batter; it helps create that signature light, crisp texture.

Cooking tools

small bowl, baking sheet, peeler, small pot, large pan, medium bowl, large bowl, slotted spoon, paper towels

Pantry ingredients

kosher salt, cooking oil

Nutrition

Nutrients	per serving
Calories:	1260
Total Fat:	55g
Saturated Fat:	13g
Sodium:	3300mg
Total Carbohydrate:	138g
Dietary Fiber:	9g
Added Sugars:	9g
Protein:	41g

Allergens

soy sauce (contains: soy, wheat), sesame oil (contains: sesame), tempura batter mix (contains: eggs, milk, wheat), edamame (contains: soy), sesame seeds (contains: sesame), umami ginger sauce (contains: soy, wheat), panko breadcrumbs (contains: wheat)

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.**
- Trim and thinly slice **scallions**, separating whites from greens. Peel and mince or grate **ginger**. Peel and slice **sweet potato** into ¼-inch-thick rounds.

2 Cook Rice

- 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 heat to low. Cook until tender, 15-20 minutes.
- Keep covered off heat until ready to serve.

3 Form & Roast Meatballs

- While rice cooks, in a medium bowl, gently combine **pork***, **scallion whites**, **ginger**, **panko**, **garlic powder**, **1 TBSP soy sauce**, **2 tsp sesame oil**, and **salt (we used ½ tsp; 1 tsp for 4 servings)**. **(For 4, use 2 TBSP soy sauce and 4 tsp sesame oil.)**
- Form into 10-12 1½-inch meatballs **(20-24 meatballs for 4)**.
- Arrange **meatballs** on a **lightly oiled** baking sheet. Roast on top rack until cooked through, 14-16 minutes.

4 Fry Sweet Potato

- Meanwhile, in a large bowl, combine **tempura batter mix**, **⅓ cup cold water**, and **1 tsp salt (⅔ cup cold water and 2 tsp salt for 4 servings)**. **(TIP: If batter seems too thick, stir in more water 1 TBSP at a time until mixture reaches a pancake-batter-like consistency.)** Stir **sweet potato** into **batter** until fully coated.
- Heat a **⅓-inch layer of oil** in a large pan over medium-high heat. Once oil is hot enough that a drop of batter sizzles when added to the pan, working in batches, add **coated sweet potato** in a single layer. Cook, turning once or twice, until golden brown, 4-6 minutes. **TIP: To prevent sticking, don't flip until the edges appear to be golden brown.**
- Using a slotted spoon, transfer to a paper-towel-lined plate. Season with **salt**.

5 Make Sauce

- In a small bowl, combine **umami ginger sauce**, **remaining sesame oil**, and **2 tsp soy sauce (4 tsp for 4 servings)**. **(Be sure to measure the soy sauce—we sent more!)**

6 Finish & Serve

- Fluff **rice** with a fork; stir in **edamame**.
- Divide rice between bowls; top with **meatballs** and **sweet potato tempura**. Drizzle everything with **sauce**. Garnish with **scallion greens** and **sesame seeds**. Serve.

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

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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