



# FIRECRACKER MEATBALLS

with Roasted Green Beans & Sesame Rice



## HELLO

### FIRECRACKER SAUCE

Sweet, savory, spicy, and creamy—this awesome sauce is a flavor explosion!

**PREP: 10 MIN** | **TOTAL: 40 MIN** | **CALORIES: 780**



Scallions



Mayonnaise  
(Contains: Eggs)



Honey



Korean Chili  
Flakes



Sesame Seeds



Ground Beef



Green Beans



Ginger



Sour Cream  
(Contains: Milk)



Sriracha



Soy Sauce  
(Contains: Soy, Wheat)



Jasmine Rice



Panko Breadcrumbs  
(Contains: Wheat)

## START STRONG

We recommend tasting the Korean chili flakes on their own first before garnishing your dish (they can be spicy!). Add as much or as little as your heart desires—you're the chef, after all!

## BUST OUT

- 2 Large bowls
- Small pot
- Baking sheet
- Kosher salt
- Black pepper
- Vegetable oil (1 TBSP | 1 TBSP)

## INGREDIENTS

Ingredient 2-person | 4-person

- |                          |                    |
|--------------------------|--------------------|
| • Scallions              | 2   4              |
| • Ginger                 | 1 Thumb   2 Thumbs |
| • Mayonnaise             | 2 TBSP   4 TBSP    |
| • Sour Cream             | 2 TBSP   4 TBSP    |
| • Honey                  | 2 tsp   4 tsp      |
| • Soy Sauce              | 2 TBSP   4 TBSP    |
| • Sriracha 🌶️            | 1 tsp   2 tsp      |
| • Sesame Seeds           | 1 TBSP   2 TBSP    |
| • Jasmine Rice           | ½ Cup   1 Cup      |
| • Ground Beef*           | 10 oz   20 oz      |
| • Panko Breadcrumbs      | ¼ Cup   ½ Cup      |
| • Green Beans            | 6 oz   12 oz       |
| • Korean Chili Flakes 🌶️ | 1 tsp   1 tsp      |

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



## 1 PREP

Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. **Wash and dry all produce.** Trim and thinly slice **scallions**, separating whites from greens; mince whites. Peel and mince **ginger**.



## 4 FORM MEATBALLS

Meanwhile, in a second large bowl, combine **beef, panko, ginger, scallion whites**, remaining **soy sauce, salt** (we used ½ tsp; 1 tsp for 4 servings), and **pepper**. Form into 10-12 (20-24 for 4) 1½-inch meatballs.



## 2 MAKE FIRECRACKER SAUCE

In a large bowl, combine **mayonnaise, sour cream, honey, 2 tsp soy sauce** (4 tsp for 4 servings; you'll use the rest later), and **sriracha** to taste. Set aside.



## 5 ROAST MEATBALLS & GREEN BEANS

Place **meatballs** on one side of a lightly **oiled** baking sheet. On empty side of same sheet, toss **green beans** with a drizzle of **oil, salt, and pepper**. Roast on top rack until meatballs are cooked through and green beans are browned and tender, 14-16 minutes. (For 4 servings, divide between 2 baking sheets; roast meatballs on middle rack and green beans on top rack.)



## 3 COOK RICE

Heat a drizzle of **oil** in a small pot over medium-high heat. Add half the **sesame seeds** (you'll use the rest later); cook, stirring, until golden brown, 1-2 minutes. Add **rice, ¾ cup water** (1½ cups for 4 servings), and a big 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.



## 6 FINISH & SERVE

Fluff **rice** with a fork; season with **salt** and **pepper**. Divide between bowls or plates. Carefully add **meatballs** to bowl with **sauce**; toss to coat. Top rice with meatballs. Drizzle with any remaining sauce. Serve **green beans** to the side. Garnish with **scallion greens**, remaining **sesame seeds**, and **chili flakes** to taste.

## LIGHTNING SEED

We also love sesame rice paired with stir-fried chicken and veggies.

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