



# 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 a little 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

While rice cooks, 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, 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 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** (save the rest for serving); 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 and 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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