



FIRECRACKER MEATBALLS

with Roasted Carrots & Sesame Rice



HELLO

FIRECRACKER SAUCE

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

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 820**



Scallions



Mayonnaise
(Contains: Eggs)



Honey



Korean Chili
Flakes



Sesame Seeds



Ground Beef



Carrots



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

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

INGREDIENTS

Ingredient **2-person** | **4-person**

- | | |
|-----------------------|--------------------|
| • Carrots | 12 oz 24 oz |
| • 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 |
| • Korean Chili Flakes | 1 tsp 1 tsp |

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



1 PREP & MAKE SAUCE

Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. **Wash and dry all produce.** Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens; mince whites. Peel and mince **ginger**. In a large bowl, combine **mayonnaise, sour cream, honey, 2 tsp soy sauce** (4 tsp for 4; you'll use the rest later), and **sriracha** to taste. Set aside.



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 kosher salt; 1 tsp for 4 servings), and **pepper**. Form into 10-12 (20-24 for 4) 1½-inch meatballs.



2 ROAST CARROTS

Place **carrots** on a lightly **oiled** baking sheet. Toss with a drizzle of **oil, salt**, and **pepper**, then push to one side of sheet. (For 4 servings, spread carrots out across entire sheet.) Roast on top rack for 10 minutes (you'll add the meatballs then).



5 ROAST MEATBALLS

Once **carrots** have roasted 10 minutes, remove from oven and carefully place **meatballs** on empty side. Roast on top rack until meatballs are cooked through and carrots are browned and tender, 14-16 minutes more. (For 4 servings, add meatballs to a second lightly oiled baking sheet; roast meatballs on middle rack and carrots on top rack.) **TIP:** If carrots are done before meatballs, remove from sheet and continue roasting meatballs.



3 COOK RICE

Meanwhile, 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 **carrots** 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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