



## INGREDIENTS

2 PERSON | 4 PERSON



2 | 2  
Scallions



1 Thumb | 2 Thumbs  
Ginger



1 | 2  
Bell Pepper\*



10 oz | 20 oz  
Ground Beef



1/4 Cup | 1/2 Cup  
Panko Breadcrumbs  
Contains: Wheat



6 oz | 12 oz  
Green Beans



4 oz | 8 oz  
Shredded Carrots



12 ml | 24 ml  
Ponzu Sauce  
Contains: Fish, Soy,  
Wheat



1 TBSP | 1 TBSP  
Sesame Seeds



4 TBSP | 8 TBSP  
Sweet Soy  
Glaze  
Contains: Soy,  
Wheat



1 oz | 2 oz  
Sweet Thai  
Chili Sauce

\* Your bell pepper may be orange, yellow, or red.  
No matter what the color, it will still be delicious!

## HELLO

### PONZU SAUCE

A citrusy soy sauce that's equal  
parts sweet and tart

# SOY-GLAZED MEATBALLS

with Bell Pepper, Carrot & Green Bean Stir-Fry



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 640



## GET IN SHAPE

Splash a little water on your hands before shaping the meatballs in step 2. This will keep the mixture sticking to itself rather than your hands.

## BUST OUT

- 2 Large bowls
- Baking sheet
- Large pan
- Kosher salt
- Black pepper
- Vegetable oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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### 1 PREP

- Adjust rack to top position 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 or grate **ginger**. Trim **green beans** if necessary. Halve, core, and thinly slice **bell pepper** into strips.



### 2 BAKE MEATBALLS

- In a large bowl, combine **beef\***, **panko**, **scallion whites**, **half the ginger**, **salt** (we used  $\frac{3}{4}$  tsp salt), and **pepper**. (Use **1½ tsp salt for 4 servings**.)
- Form mixture into 10-12 (**20-24 for 4**) 1½-inch **meatballs**. Spread out on a baking sheet.
- Bake on top rack until meatballs are browned and cooked through, 14-16 minutes.



### 3 START STIR-FRY

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **green beans** and **bell pepper**; cook, stirring occasionally, until browned and tender, 4-5 minutes.
- Add **carrots**; cook, stirring, until slightly softened, 1-2 minutes. Season generously with **salt** and **pepper**.



### 4 FINISH STIR-FRY

- Add **ponzu**, **half the sesame seeds** (save the rest for serving), **remaining ginger**, and **1 TBSP butter** (**2 TBSP for 4 servings**) to pan with **veggies**.
- Cook, stirring, until ginger is fragrant and butter has melted, 1 minute. Season with **salt** and **pepper**.
- Remove pan from heat; keep covered.



### 5 COAT MEATBALLS

- In a second large microwave-safe bowl, combine **sweet soy glaze** with **chili sauce**; microwave until just warmed through, 30 seconds.
- Once **meatballs** are fully cooked, carefully add to bowl and toss with **sauce** to coat.



### 6 SERVE

- Divide **veggie stir-fry** between plates or shallow bowls; top with **meatballs** and any **remaining sauce**. Sprinkle with **scallion greens** and **remaining sesame seeds**. Serve.

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