



NOV
2016

Hoisin-Glazed Meatballs

with Roasted Sweet Potato and Baby Broccoli

We're big fans of baking, rather than frying, our meatballs for a healthier alternative to this dinnertime staple. But don't worry, the dish is still jam-packed with flavor thanks to a sweet hoisin glaze, roasted sweet potatoes, and crispy veggies. One bite and you'll be hooked.



Prep: 10 min
Total: 35 min



level 1



nut free



dairy free



Ground Beef



Sweet Potato



Baby Broccoli



Panko Breadcrumbs



Ginger



Scallions



Hoisin Sauce



Lime

Ingredients

	2 People	4 People
Ground Beef	8 oz	16 oz
Sweet Potato	12 oz	24 oz
Baby Broccoli	6 oz	12 oz
Panko Breadcrumbs	1) ¼ Cup	½ Cup
Ginger	1 Thumb	1 Thumb
Scallions	2	4
Hoisin Sauce	2) 2 TBSP	4 TBSP
Lime	1	1
Sugar*	1 tsp	2 tsp
Oil*	1 TBSP	2 TBSP

*Not Included

Allergens

1) Wheat

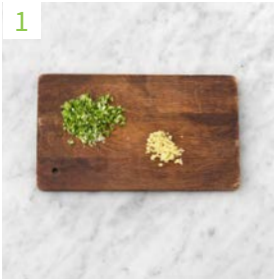
2) Soy

Tools

Peeler, 2 Baking sheets, Medium bowl

Nutrition per person Calories: 533 cal | Fat: 18g | Sat. Fat: 6g | Protein: 31g | Carbs: 65g | Sugar: 19g | Sodium: 404mg | Fiber: 10g

1



1 Prep: Wash and dry all produce. Preheat the oven to 450 degrees. Halve the **sweet potato** lengthwise, then thinly slice into ¼-inch half moons. Peel and mince the **ginger**. Thinly slice the **scallions**, then chop until finely minced.

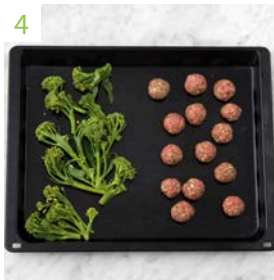
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2 Roast the sweet potatoes: Toss the **sweet potatoes** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for about 20 minutes, flipping once, until golden brown.

3 Make the meatballs: In a medium bowl, combine the **ginger**, **scallions**, **beef**, **panko**, and **1 teaspoon sugar**. Season with **salt** (we used ¾ teaspoon kosher salt) and **pepper**. Form into 1-inch **meatballs**, and place onto one side of a lightly oiled baking sheet.

4



4 Roast the baby broccoli: Place the **baby broccoli** on the opposite side of the baking sheet with the **meatballs**. Toss with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for 15 minutes, until tender and slightly crispy.

5 Glaze the meatballs: After 15 minutes, glaze each **meatball** with a little **hoisin sauce**. Remove the **baby broccoli** from the baking sheet, then return to the oven for about 5 minutes.

5



6 Finish and serve: Cut the **lime** into wedges. Serve the **meatballs** with the **baby broccoli** and **sweet potatoes** on the side. Squeeze over a lime wedge and enjoy!

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