



NOV  
2016

## Orange-Glazed Meatballs

with Crispy Baby Broccoli and Rice

Baby broccoli, which is a cross between broccoli and Chinese kale, has a subtle peppery flavor, slightly crunchy texture, and slender stalks. The pop of green color in this dish looks stunning alongside the meatballs, a hearty scoop of rice, and a drizzle of citrusy glaze.



Prep: 10 min  
Total: 30 min



level 1



nut  
free



dairy  
free



gluten  
free



Ground  
Beef



Jasmine  
Rice



Baby  
Broccoli



Orange  
Jam



Soy  
Sauce



White Wine  
Vinegar



Garlic



Orange

## Ingredients

	2 People	4 People
Ground Beef	10 oz	20 oz
Jasmine Rice	½ Cup	1 Cup
Baby Broccoli	6 oz	12 oz
Orange Jam	2 TBSP	2 TBSP
Soy Sauce	2 TBSP <sup>1)</sup>	2 TBSP
White Wine Vinegar	1 TBSP	2 TBSP
Garlic	2 Cloves	4 Cloves
Orange	1	2
Oil*	1 TBSP	2 TBSP

\*Not Included

## Allergens

1) Soy

## Tools

Small pot, Baking sheet, Large bowl, Large pan

**Nutrition 2 person** Calories: 579 cal | Fat: 20 g | Sat. Fat: 6.5 g | Protein: 38 g | Carbs: 61 g | Sugar: 17 g | Sodium: 800 mg | Fiber: 4 g

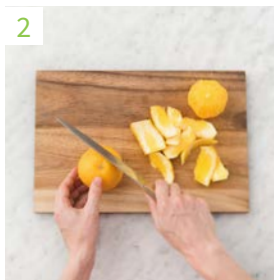
**Nutrition 4 person** Calories: 554 cal | Fat: 20 g | Sat. Fat: 6.5 g | Protein: 37 g | Carbs: 56 g | Sugar: 12 g | Sodium: 450 mg | Fiber: 4 g

2



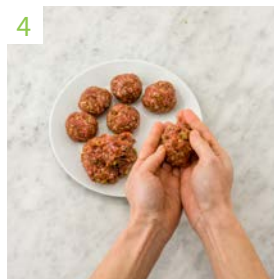
**1 Cook the rice:** Preheat the oven to 400 degrees. Bring **1 cup water** and a large pinch of **salt** to a boil in a small pot. Once boiling, add the **rice**, cover, and reduce to a low simmer for about 20 minutes, until tender.

2



**2 Prep the ingredients:** **Wash and dry all produce.** Chop the **baby broccoli** into ¼-inch pieces. Mince the **garlic**. Halve the **orange**, then cut and peel into small wedges, reserving any juice.

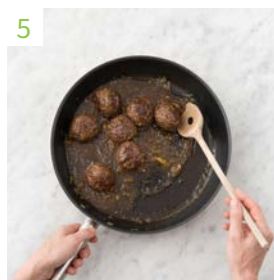
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**3 Roast the baby broccoli:** Place the **baby broccoli** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast for about 15 minutes, until crispy.

**4 Cook the meatballs:** In a large bowl, combine the **ground beef** with the **garlic**, **2 teaspoons soy sauce**, and a large pinch of **salt** and **pepper**. Thoroughly combine and form into golf-ball-sized meatballs. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add the **meatballs** to the pan. Cook, rotating to brown all sides, for 5-7 minutes, or until cooked to desired doneness. Remove from the pan and set aside.

5



**5 Make the glaze:** Wipe out any burned bits from the pan. Return it to medium-high heat, add the **vinegar**, **orange jam**, and **1 Tablespoon soy sauce**. Bring to a boil, then reduce to a simmer. Return the **meatballs** to the pan. Reduce until the **sauce** is thick and syrupy. Roll the **meatballs** to coat them in the glaze.

**6 Finish and plate:** Fluff the **rice** with a fork. Place the **orange-glazed meatballs** on a bed of rice alongside the crispy **baby broccoli**. Spoon the remaining **glaze** over the plate. Garnish with the **orange wedges**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

