



More than Food

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## Teriyaki-Glazed Meatballs with Crunchy Cabbage Slaw and Basmati Rice

We're giving meatballs an Asian twist with homemade teriyaki sauce. Made with soy, ginger, and a touch of honey for sweetness, it's a major upgrade from the bottle. We're serving this delicious dish over rice and adding a refreshing cabbage slaw for crunch!



40 min



level 1



nut free



dairy free



Ground Beef



Scallions



Ginger



Soy Sauce



Honey



Hoisin



Panko



Corn Starch



Red Cabbage, shredded



Carrot



Rice



White Wine Vinegar

Ingredients	2 People	4 People
Ground Beef	10 oz	20 oz
Scallions	2	4
Ginger	1 thumb	2 thumbs
Soy Sauce	1) 3 T	6 T
Honey	1 T	2 T
Hoisin	1) 2) 1 T	2 T
Panko	1) 2) ¼ C	½ C
Corn Starch	1 t	2 t
Red Cabbage, shredded	4 oz	8 oz
Carrot	1	2
Rice	½ C	1 C
White Wine Vinegar	2 T	4 T
Olive Oil*	1 t	2 t

\*Not Included

### Allergens

- 1) Soy
- 2) Wheat

### Tools

Small Pot, Large Bowl, Medium Bowl, Small Bowl, Baking Sheet, Small Pan, Grater, Peeler, Whisk

Ruler

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**Nutrition per person** Calories: 650 cal | Carbs: 89 g | Fat: 17 g | Protein: 37 g | Fiber: 7 g | Sodium: 1292 mg

*Make sure to wash and dry produce before prepping or cooking!*



**1 Prep the ingredients:** Preheat the oven to 400 degrees. In a small pot, bring **1½ cups water** to a boil with a pinch of **salt**. Peel and grate the **carrot**. Thinly slice the **scallions**, keeping the whites and greens separate. Peel and mince the **ginger**.



**2 Cook the rice:** Once the water is boiling, add the **rice**, cover, and reduce to a simmer for 15 minutes. Remove from the heat and let steam until the rest of the meal is ready.

**3 Make the cabbage slaw:** In a large bowl, combine the **cabbage**, **carrot**, **ginger**, **white wine vinegar**, and **1 Tablespoon soy sauce** (2 fish). Toss and set aside to marinate.



**4 Form and cook the meatballs:** In a medium bowl, combine the **ground beef**, **scallion whites**, **panko**, and a large pinch of **salt** and **pepper**. Form the mixture into golf ball-sized balls and place on a lightly oiled baking sheet. Bake for 13-15 minutes, until cooked through.



**5 Make the teriyaki sauce:** In a small bowl, combine **1 teaspoon corn starch** (remember to measure as we may send you more) and **¼ cup water** to make a **slurry**. Heat a small pan over medium heat. Add the **remaining soy sauce**, **1 Tablespoon honey**, and the **hoisin** to the pan and whisk to combine. When the mixture begins to bubble, whisk the **slurry** into the pan and cook until thickened.

**6 Finish and plate:** Fluff the **rice** with a fork. Toss the **meatballs** into the **teriyaki sauce** and serve over the **rice** with a side of **cabbage slaw**. Sprinkle with **scallion greens** and enjoy!