



JUL
2016

Hoisin-Glazed Meatballs

with Roasted Sweet Potato and Broccolini

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: 30 min



level 1



nut free



dairy free



Ground Beef



Sweet Potatoes



Broccolini



Panko Breadcrumbs



Ginger



Scallions



Hoisin Sauce



Lime

Ingredients

	2 People	4 People
Ground Beef	10 oz	20 oz
Sweet Potatoes	1	2
Broccoli	6 oz	12 oz
Panko Breadcrumbs	1) 2) ¼ Cup	½ Cup
Ginger	1 Thumb	1 Thumb
Scallions	2	4
Hoisin Sauce	2) 2 T	4 T
Lime	1	1
Sugar*	1 t	2 t
Oil*	1 T	2 T

*Not Included

Allergens

1) Wheat

2) Soy

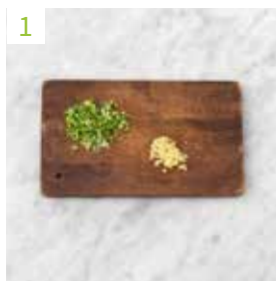
Tools

Peeler, 2 Baking sheets, Medium bowl

Ruler

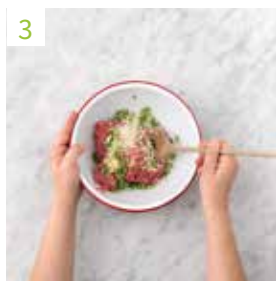
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Nutrition per person Calories: 580 cal | Fat: 22 g | Sat. Fat: 7 g | Protein: 35 g | Carbs: 64 g | Sugar: 19 g | Sodium: 451 mg | Fiber: 10 g



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.



3

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 broccoli: Place the **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 **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 **broccoli** and **sweet potatoes** on the side. Squeeze over a lime wedge and enjoy!

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

