



# Teriyaki and Sesame Beef Meatballs

with broccolini and rice

30 – 35 mins

2



Beef Mince



Jasmine Rice



Garlic



Breadcrumbs



Broccolini



Carrot



Teriyaki Sauce



Sesame Seeds

Pantry Items: Salt, Pepper, Oil, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater, pan with lid, pot with lid

## Ingredients

	2P	4P
Beef Mince	240 g	480 g
Jasmine Rice	150 g	300 g
Garlic	1 unit	2 units
Breadcrumbs	1 pack	1 pack
Broccolini	75 g	150 g
Carrot	1 unit	2 units
Teriyaki Sauce	2 sachets	4 sachets
Sesame Seeds	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>410 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3384.9 kJ/ 809 kcal	825.6 kJ/ 197.3 kcal
Fat (g)	26.8 g	6.5 g
Sat. Fat (g)	9 g	2.2 g
Carbohydrate (g)	103.3 g	25.2 g
Sugars (g)	25 g	6.1 g
Protein (g)	36.5 g	8.9 g
Salt (g)	5.7 g	1.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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### Boil the Rice

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 12 mins.
- Remove the pot from the heat and keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



### Fry the Veg

- Meanwhile, place a pan over medium heat (without oil).
- Once hot, dry-fry the **sesame seeds** until lightly toasted, 2-3 mins. Remove from the pan and set aside.
- Trim the **carrot**, halve lengthways (no need to peel) and slice widthways into 1cm chunks.
- Return the pan to medium-high heat with a drizzle of **oil**.
- Fry the **carrot** for 4-5 mins. Add the **broccolini** and fry for 2-3 mins more. Add a splash of **water**, cover and cook until tender, 3-4 mins.



### Shape the Meatballs

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- In a large bowl, combine the **garlic**, **breadcrumbs**, ¼ tsp **salt** and 2 tbsp **water** (double for 4p).
- Add the **mince**, season with **pepper** and mix together by hand.
- Roll into evenly-sized balls, 3-4 per person. **IMPORTANT:** Wash hands and equipment after handling raw mince.



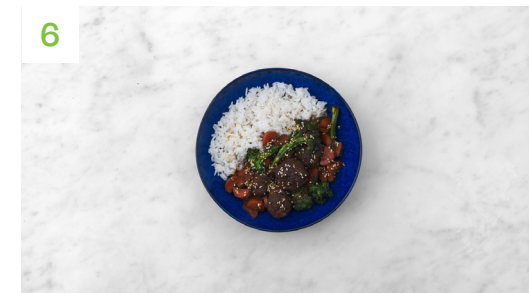
### Add the Sauce

- Once the veg is tender, remove the lid, stir in the **teriyaki sauce** along with 50ml **water** (double for 4p). Ensure everything is well coated.
- Add the cooked meatballs to the pan.
- Stir together and cook until the sauce has thickened slightly and everything is piping hot, 5-6 mins.
- Taste and season with **salt** and **pepper** if needed. Add a splash more **water** if the sauce becomes too thick.



### Bake the Meatballs

- Pop the **beef** meatballs onto a large (lined) baking tray.
- When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** Meatballs are cooked when no longer pink in the middle.



### Finish and Serve

- Fluff up the **rice** with a fork and share between bowls.
- Top with your **teriyaki beef** meatballs and veg.
- Finish with a sprinkling of **sesame seeds**.

**Enjoy!**