



# Tangy Teriyaki Beef and Pork Meatballs

## with Buttery Rice and Wholesome Veggies

Family Friendly 35-45 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Turkey  
250 g | 500 g



Beyond Meat®  
2 | 4



Ground Beef and Pork Mix  
250 g | 500 g



Basmati Rice  
¾ cup | 1 ½ cups



Sugar Snap Peas  
113 g | 227 g



Zucchini  
1 | 2



Green Onion  
2 | 4



Panko Breadcrumbs  
⅓ cup | ⅝ cup



Garlic Spread  
2 tbsp | 4 tbsp



Honey-Garlic Sauce  
4 tbsp | 8 tbsp



Soy Sauce  
2 tbsp | 4 tbsp



Garlic Salt  
1 tsp | 2 tsp



Cornstarch  
½ tbsp | 1 tbsp



Seasoned Rice Vinegar  
1 tbsp | 2 tbsp



**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.  
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



### Cook rice

- Before starting, preheat the oven to 450°F
- Wash and dry all produce.

- To a medium pot, add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt**.
- Cover and bring to a boil over high.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- To the **boiling water**, add **rice**, then reduce heat to low. Cover and cook for 12-15 min, until **rice** is tender and liquid is absorbed. Remove from heat. Set aside, still covered.

2



### Form and roast meatballs

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Line a baking sheet with parchment paper.
- Thinly slice **green onions**.
- To a large bowl, add **ground beef and pork**, **panko**, **half the green onions** and **half the garlic salt**. Season with **pepper**, then combine. Roll **mixture** into 8 (16) equal-sized **meatballs**, then place on the prepared baking sheet.
- Roast **meatballs** in the **middle** of the oven for 10-14 min, until golden and cooked through.\*\*

3



### Prep and make teriyaki sauce

- Meanwhile, trim **sugar snap peas**.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- To a medium bowl, add **honey-garlic sauce**, **soy sauce**, **vinegar**, **half the cornstarch** (use all for 4 servings) and **¼ cup** (½ cup) **water**. Season with **salt** and **pepper**. Whisk until evenly combined. Set aside.

4



### Cook veggies

- Heat a large non-stick pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, **snap peas** and **zucchini**. Season with **remaining garlic salt** and **pepper**. Cook for 3-5 min, stirring often, until tender-crisp.
- Transfer **veggies** to a plate and cover to keep warm.

5



### Finish meatballs in sauce

- Once **meatballs** are cooked, reheat the same pan over medium.
- When hot, add **half the garlic spread**. Swirl pan for 30 sec, until melted.
- Add **teriyaki sauce mixture**. (**NOTE:** If the sauce mixture has separated, simply whisk again before adding.)
- Cook for 1-2 min, stirring often, until **sauce** is warmed through and thickened slightly.
- Remove from heat. Add **meatballs** and stir to coat. (**TIP:** For a lighter sauce consistency, add water, 1-2 tbsp at a time.)

6



### Finish and serve

- Fluff **rice** with a fork. Stir in **remaining green onions** and **remaining garlic spread**.
- Divide **rice** between plates.
- Top with **veggies** and **meatballs**.
- Spoon **any remaining teriyaki sauce** from the pan over top.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2 person	4 person	Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 2 | Form and roast meatballs

Swap | **Ground Turkey**

If you've opted to get **turkey**, prep and cook in the same way the recipe instructs you to prep and cook the **beef and pork mix**.\*\*

## 2 | Form Beyond Meat® meatballs

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prep and cook the same way the recipe instructs you to prep and cook the **beef and pork mix**.\*\*