

Tangy Teriyaki Beef and Pork Meatballs with Buttery Rice and Wholesome Veggies

Family Friendly 35-45 Minutes











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 降









Ground Beef and Pork Mix

Basmati Rice

250 g | 500 g

3/4 cup | 1 1/2 cups



Sugar Snap Peas



1 | 2

113 g | 227 g







2 | 4





Garlic Spread

Honey-Garlic

2 tbsp | 4 tbsp

4 tbsp | 8 tbsp



Soy Sauce 2 tbsp | 4 tbsp



1 tsp | 2 tsp



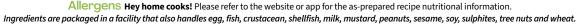
Cornstarch

½ tbsp | 1 tbsp

Ingredient quantities



Seasoned Rice 1 tbsp | 2 tbsp





Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, parchment paper, strainer, whisk



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.



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.***



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.

2 | Form and roast meatballs

🗘 Swap | Ground Turkey

Measurements

within steps

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**.**

1 tbsp

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 tbsp)

4 person Ingredient

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.****



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.



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.)



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.