



Carb Smart Lemongrass Beef Meatballs

with Creamy Lime Sauce and Asian-Style Slaw

Carb Smart

30 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

-  Ground Beef
-  Ground Turkey
-  Coleslaw Cabbage Mix
-  Baby Spinach
-  Lemongrass
-  Lime
-  Cilantro
-  Crispy Shallots
-  Mayonnaise
-  Fish Sauce

HELLO LEMONGRASS
A tall tropical grass with bright lemony notes!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, medium bowl, measuring spoons, rolling pin, zester, large bowl, parchment paper, small bowl, whisk

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Coleslaw Cabbage Mix	170 g	340 g
Baby Spinach	56 g	113 g
Lemongrass	1	2
Lime	1	2
Cilantro	7 g	14 g
Crispy Shallots	28 g	56 g
Mayonnaise	2 tbsp	4 tbsp
Fish Sauce	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook beef and turkey to a minimum internal temperature of 74°C/165°F.

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.

Contact

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Prep meatballs

- Remove outer layer of **lemongrass**, then halve lengthwise. Place **lemongrass** on a cutting board, cut-side down. Using a rolling pin or heavy pan, carefully crush **lemongrass** to bruise it, then chop very finely.
- Make a small cut in the package of **crispy shallots**. Using a rolling pin or heavy pan, crush **crispy shallots** in their package until broken into fine crumbs.
- Line a baking sheet with parchment paper.



Prep

- Meanwhile, finely chop **cilantro**.
- Zest, then juice **lime**.
- Combine **mayo**, **half the lime zest**, **salt** and **pepper** in a small bowl.



Form meatballs

- Add **lemongrass**, **half the crispy shallots**, **beef** and **¼ tsp** (½ tsp) **salt** to a medium bowl. Season with **pepper**, then combine.
- Roll **beef mixture** into **10 equal-sized meatballs** (20 for 4 ppl).

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook **beef**.**



Make slaw

- Add **fish sauce**, **remaining lime zest**, **½ tsp** (1 tsp) **sugar**, **1 tbsp** (2 tbsp) **lime juice** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **pepper**, then whisk to combine.
- Add **coleslaw cabbage mix** and **spinach**, then toss to coat.



Roast meatballs

- Arrange **meatballs** on the prepared baking sheet.
- Roast in the **top** of the oven until golden-brown and cooked through, 12-14 min.**



Finish and serve

- Divide **slaw** between plates and serve **meatballs** alongside.
- Dollop **creamy lime sauce** over **meatballs**.
- Sprinkle **cilantro** and **remaining shallot crumbs** over top.

Dinner Solved!