



HALL OF FAME

HOISIN-GLAZED MEATBALLS

with Jasmine Rice and Green Beans



HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 620



Ginger



Ground Beef



Garlic Powder



Jasmine Rice



Green Beans



Sesame Seeds



Scallions



Panko Breadcrumbs
(Contains: Wheat)



Egg
(Contains: Egg)



Hoisin Sauce
(Contains: Wheat, Soy)



Lime

START STRONG

Meatballs are a great vehicle for adventurous or unfamiliar ingredients. Get kids extra-excited for those flavors by letting them help with the mixing, shaping, and glazing.

BUST OUT

- Medium pot
- Large pan
- Baking sheet
- Peeler
- Medium bowl
- Vegetable oil (4 tsp)
- Sugar (1 tsp)

INGREDIENTS

Ingredient 4-person

- Ginger 1 Thumb
- Scallions 4
- Ground Beef 20 oz
- Panko Breadcrumbs ½ Cup
- Garlic Powder 2 tsp
- Egg 1
- Jasmine Rice 1 Cup
- Hoisin Sauce 4 TBSP
- Green Beans 12 oz
- Lime 1
- Sesame Seeds 2 TBSP

HELLO WINE

PAIR WITH



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 450 degrees. Bring **2 cups salted water** to a boil in a medium pot. Lightly oil a baking sheet. Peel **ginger**, then mince until you have 1 TBSP. Trim, then thinly slice **scallions**, keeping greens and whites separate.



4 GLAZE MEATBALLS

After **meatballs** have cooked 10 minutes, remove baking sheet from oven. Use a spoon to glaze each meatball with a little bit of **hoisin sauce**. Return to oven and bake until sauce has lost some of its shine, about 5 minutes.



2 MAKE MEATBALLS

Combine **minced ginger, scallion whites, beef, panko, garlic powder, 1 tsp sugar, and 1 egg** in a medium bowl (use other egg as you like). Season with **salt and pepper** (we used 1 tsp kosher salt). Form into 1-inch balls and place on oiled baking sheet. Bake in oven until no longer pink on outside, about 10 minutes.



5 COOK GREEN BEANS

Heat **1 TBSP oil** in a large pan over medium-high heat. Add **green beans** and cook, tossing, for 3 minutes. Pour in **¼ cup water** and cover pan with lid or aluminum foil. Cook until tender, 2-3 minutes. Uncover and let water evaporate. Season with **salt and pepper**.



3 COOK RICE

Once water is boiling, add **rice** to pot. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 15 minutes.



6 FINISH AND SERVE

Cut **lime** into wedges. Sprinkle **meatballs** with **sesame seeds**. Divide **rice** between plates, then top with **green beans** and meatballs. Garnish with **scallion greens**. Serve with lime wedges on the side for squeezing over.

FRESH TALK

How many meatballs do you think it would take to serve everyone in your class at school?

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