



# Sesame Teriyaki Beef Meatballs with Tenderstem® Broccoli and Basmati Rice

Classic 30-35 Minutes • 1 of your 5 a day

9



Basmati Rice



Garlic Clove



Panko Breadcrumbs



Beef Mince



Tenderstem® Broccoli



Carrot



Teriyaki Sauce



Roasted White Sesame Seeds

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, lid, garlic press, bowl, baking tray and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	1	2	2
Panko Breadcrumbs <sup>13</sup>	10g	15g	20g
Beef Mince**	240g	360g	480g
Tenderstem® Broccoli**	80g	150g	150g
Carrot**	1	2	2
Teriyaki Sauce	150g	225g	300g
Roasted White Sesame Seeds <sup>3</sup>	5g	7g	10g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3053 /730	814 /194
Fat (g)	22.4	6.0
Sat. Fat (g)	8.9	2.4
Carbohydrate (g)	95.8	25.5
Sugars (g)	28.2	7.5
Protein (g)	38.5	10.3
Salt (g)	4.98	1.33

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**3) Sesame 13) Cereals** containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


## Contact

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## Cook the Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp salt** and bring to the boil.

Once boiling, turn the heat down to medium and cover with the lid. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Sizzle and Stir

While the **meatballs** cook, halve any thick **broccoli stems** lengthways. Trim the **carrot**, then halve lengthways (no need to peel). Slice widthways into 1cm thick pieces.

Heat a drizzle of **oil** in large frying pan on medium-high heat. Once hot, add the **Tenderstem®** and **carrot**. Stir-fry for 2-3 mins.

Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 3-4 mins more.



## Make your Meatballs

Meanwhile, peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **garlic**, **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**.

Season with **pepper** and mix together with your hands. Roll into evenly-sized balls, 5 per person. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



## Teriyaki Time

Once the **veg** is tender, stir the **teriyaki sauce** and **water for the sauce** (see pantry for amount) into the pan, ensuring everything's well coated.

Once the **meatballs** are cooked, add them to the pan. Stir together and cook until the **sauce** has thickened slightly and everything's piping hot, 5-6 mins.

Taste and season with **salt** and **pepper** if needed. Add a splash more **water** if it's a little dry.



## Time to Bake

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



## Finish and Serve

Fluff up the **rice** with a fork and share between your bowls. Top with your **teriyaki meatballs and veg**.

Sprinkle over the **sesame seeds** to finish.

## Enjoy!