



Yakiniku-Glazed Chicken Meatballs

with Roasted Veggies & Jasmine Rice



20-30min



2 Servings

If you want to level up your meatball game, turn to yakiniku, a sweet and savory Japanese barbecue sauce. It coats the chicken meatballs in a sticky glaze before we pair them with gently steamed broccoli and peppers over fragrant jasmine rice. Don't forget to sprinkle it all with sesame seeds and togarashi—a spice blend with subtle bright heat that lights up this meal.

What we send

- 5 oz jasmine rice
- 1 oz fresh ginger
- garlic
- 1 bell pepper
- ½ lb broccoli
- 10 oz pkg ground chicken
- 1 oz panko ¹
- 2 (1.8 oz) yakiniku ^{1,6,11}
- ¼ oz mixed sesame seeds ¹¹
- ¼ oz shichimi togarashi ¹¹

What you need

- kosher salt & ground pepper
- 1 egg ³
- neutral oil
- apple cider vinegar (or white wine vinegar)

Tools

- small saucepan
- microplane or grater
- medium nonstick skillet
- rimmed baking sheet

Allergens

Wheat (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 32g, Carbs 93g, Protein 47g



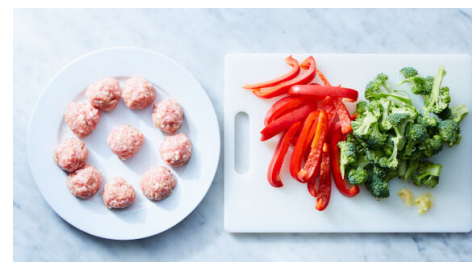
1. Cook rice

Preheat oven to 450°F with a rack in the center. In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



4. Cook meatballs

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **meatballs** and cook, turning as edges brown, until seared and cooked through, 6–8 minutes.



2. Make meatballs

Finely grate **1 teaspoon each of ginger and garlic**. Halve **pepper**, remove stem and seeds, and cut into ½-inch strips. Cut **broccoli** into 1-inch florets, if necessary.

In a medium bowl combine **chicken**, **¼ cup panko**, **half of the garlic and ginger**, **1 egg**, **½ teaspoon of salt**, and **a few grinds of pepper**. Mix until combined. Form into 10 meatballs, each about 2 tablespoons in size.



5. Warm sauce

To skillet with **meatballs**, add **all of the yakiniku sauce**, **2 tablespoons water**, and **½ teaspoon vinegar**. Bring to a simmer, turning to coat meatballs in sauce. Season to taste with **salt** and **pepper**.



3. Cook veggies

On a rimmed baking sheet, toss **broccoli** and **peppers** with **remaining garlic and ginger**, **2 tablespoons oil**; season with **salt** and **pepper**. Roast on center rack until edges of broccoli and peppers are browned and vegetables are tender, 15–20 minutes.



6. Finish & serve

Fluff **rice** with a fork and spoon onto plates. Place **veggies** and **meatballs** on top. Garnish with **sesame seeds** and desired amount of **shichimi togarashi**. Enjoy!