

# MARLEY SPOON



## Fast! Sticky Teriyaki Beef Meatballs

with Snow Peas, Peppers & Steamed Rice



ca. 20min



2 Servings

Home-cooked meals are better than take-out and with our ready-to-heat beef meatballs, this meal comes together in a flash. The tender meatballs simmer with crisp vegetables in teriyaki sauce until the savory sauce is thick and sweet. Garnish with scallions and sesame seeds, and you've found your new favorite take-out place—your kitchen!



## What we send

- 5 oz jasmine rice
- 1 bell pepper
- 2 scallions
- 4 oz snow peas
- garlic
- ½ lb pkg ready to heat beef meatballs <sup>1,3,6,7</sup>
- 2 oz teriyaki sauce <sup>1,6</sup>
- ½ oz tamari soy sauce <sup>6</sup>
- 1 oz rice vinegar
- ¼ oz pkt toasted sesame seeds <sup>11</sup>

## What you need

- kosher salt & ground pepper
- neutral oil

## Tools

- small saucepan
- medium nonstick skillet

## Allergens

Wheat (1), Egg (3), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 800kcal, Fat 39g, Carbs 82g, Protein 27g



### 1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil over high heat, then cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



### 4. Make sauce

Meanwhile, in a small bowl, combine **teriyaki sauce**, **tamari**, **chopped garlic**, **scallion whites** and **light greens**, and **half of the rice vinegar** (save rest for own use).



### 2. Prep veggies

Halve **bell pepper**, discard stem and seeds, then thinly slice into ¼-inch slices. Trim **scallions**, keeping dark greens separate. Trim **snow peas**, if desired. Finely chop **1 teaspoon garlic**.



### 5. Finish

Add **sauce** to skillet with **meatballs and veggies**. Cook, stirring often, until sauce is thickened and meatballs are sticky, 1-2 minutes. Season to taste with **salt** and **pepper**.

Fluff **rice** with a fork and divide between bowls. Spoon **meatballs and veggies** over rice. Sprinkle with **scallion dark greens** and **sesame seeds**.



### 3. Brown veggies & meatballs

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **meatballs**, **peppers**, and **snow peas**. Cook, stirring occasionally, until peppers are crisp-tender and meatballs are browned in spots, 4-5 minutes.



### 6. Serve

Enjoy!