



Fast! Hot Honey Meatballs with Brown Rice

& Green Beans



30min



2 Servings

Did you think you could whip up a meatball dinner in 30 minutes? This meal comes together fast thanks to our ready-to-heat meatballs! Brown rice creates the perfect base for crisp scallions and green beans, nestled together with the hearty beef meatballs. A sauce of tamari and hot honey ties it all together for that perfectly sticky, spicy, sweet bite!

What we send

- 5 oz quick-cooking brown rice
- ½ lb green beans
- 2 scallions
- garlic
- ½ lb pkg ready to heat beef meatballs
- 2 (½ oz) tamari soy sauce ⁶
- ¼ oz cornstarch
- ½ oz Mike's Hot Honey
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- small saucepan
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 790kcal, Fat 41g, Carbs 103g, Protein 26g



1. BROWN RICE VARIATION

Bring a small saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Keep covered until ready to serve.



4. Cook sauce

In a small bowl, whisk to combine **tamari**, **hot honey**, **chopped garlic**, **light scallion greens**, **cornstarch**, and **¼ cup water**.

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



2. Prep ingredients

Trim stem ends from **green beans**, then chop into 1-inch pieces. Trim **scallions** and thinly slice, keeping light and dark greens separate. Finely chop **1 teaspoon garlic**.



5. Finish

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



3. Cook meatballs & beans

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **meatballs**, **green beans**, and **a pinch each of salt and pepper**. Cook, stirring occasionally, until green beans are crisp-tender and meatballs are browned in spots, 4-5 minutes.



6. Serve

Enjoy!