



Fast!Hot Honey Meatballs & Ready to Heat Rice

with Green Beans



ca. 20min



2 Servings

Did you think you could whip up a meatball dinner in 20 minutes? This meal comes together fast thanks to our ready-to-heat meatballs AND ready-to-heat rice! The 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

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

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- 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 740kcal, Fat 39g, Carbs 98g, Protein 25g



1. 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**.



2. 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.



3. 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**.



4. RICE VARIATION

Transfer **rice** to a bowl; cover and microwave on high until steaming, 1-2 minutes. Cover to keep warm until ready to serve.



5. Finish

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



6. Serve

Enjoy!