

DINNERLY



Teriyaki-Glazed Turkey Meatballs

with Green Bean & Scallion Fried Rice



20-30min



2 Servings

Teriyaki sauce—aka the chameleon of condiments! From glazing meats to quick skillet cooking, it brings a deep umami flavor to anything it touches. It's the ideal sticky sweet sauce for this juicy turkey meatball and green bean stir-fry over fluffy rice. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 2 scallions
- ½ lb green beans
- 10 oz pkg ground turkey
- 1 oz panko ³
- 2 oz teriyaki sauce ^{2,3}

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- 1 large egg ¹
- neutral oil

TOOLS

- medium saucepan
- rimmed baking sheet
- large nonstick skillet

ALLERGENS

Egg (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

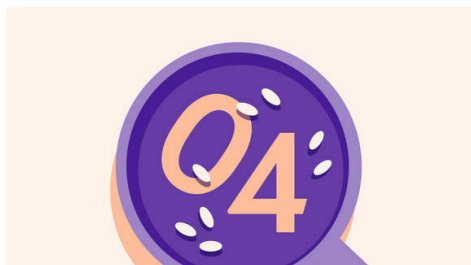
Calories 740kcal, Fat 28g, Carbs 83g, Protein 39g



1. Boil rice

Preheat oven to 450°F with a rack in the center. Lightly **oil** a rimmed baking sheet.

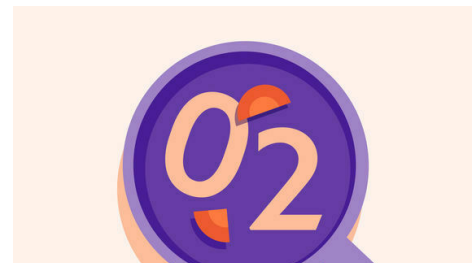
Fill a medium saucepan with **salted water**; bring to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, about 12 minutes. Drain rice in a fine-mesh sieve, rinse with cold water, and drain well again. Spread out on a paper-towel lined plate to dry and cool.



4. Bake meatballs

Bake **meatballs** on center oven rack until browned and cooked to 165°F internally, 10–12 minutes.

Meanwhile, in a second medium bowl, whisk to combine **teriyaki sauce** and **2 tablespoons water**. Season to taste with **salt** and **pepper**. Remove meatballs from oven. Using a slotted spoon, transfer to teriyaki sauce, stirring to coat. Cover to keep warm.

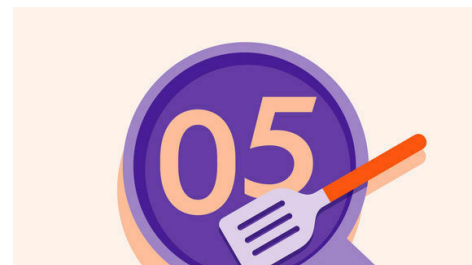


2. Prep veggies

Finely chop **2 teaspoons garlic**.

Trim ends from **scallions**, then thinly slice.

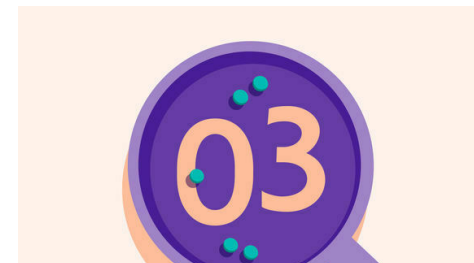
Trim ends from **green beans**, then cut into 1-inch pieces.



5. Cook fried rice & serve

Heat **1 tablespoon oil** in a large nonstick skillet over high. Add **green beans** and cook until tender, 3–4 minutes. Add **rice**, **remaining scallions and chopped garlic**, and **1 tablespoon oil**. Cook, pressing down to crisp rice and tossing occasionally, until warmed through, 3–4 minutes. Season with **salt** and **pepper**.

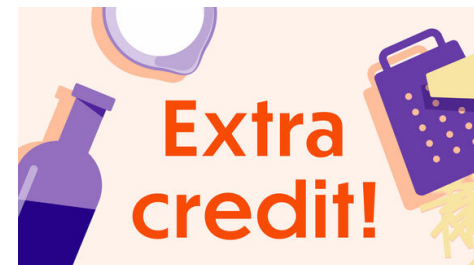
Serve **teriyaki meatballs** over **fried rice**. Enjoy!



3. Make meatballs

Separate **1 large egg yolk** from white; discard white or save for own use.

In a medium bowl, combine **ground turkey**, **¼ cup panko**, **2 tablespoons of the scallions**, **egg yolk**, **1 teaspoon each of the chopped garlic and salt**, and **a few grinds of pepper**. Shape mixture into 8 meatballs (about 2 tablespoons each). Transfer to prepared baking sheet.



6. Make it ahead!

Season and shape your meatballs the night before to speed up prep time. They can be stored in an airtight container in the fridge.