



Hot Honey Beef Meatballs

with Green Beans & Rice



30-40min



2 Servings

Jasmine 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 jasmine rice
- ½ lb green beans
- 2 scallions
- garlic
- 10 oz pkg grass-fed ground beef
- 1 oz panko ¹
- 2 (½ oz) tamari soy sauce ⁶
- 2 (½ oz) Mike's Hot Honey
- ¼ oz cornstarch
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- large egg ³
- neutral oil

Tools

- small saucepan
- medium nonstick skillet

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 850kcal, Fat 27g, Carbs 96g, Protein 42g



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. 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 skillet with **meatballs and green beans**. Place over medium-high heat and 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**.

To a medium bowl, add **beef**, **1 large egg**, **¼ cup panko**, **½ teaspoon salt**, and **several grinds of pepper**. Knead gently to combine. Shape into 8 meatballs.



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**.



3. Cook meatballs & beans

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **meatballs**, and cook, turning occasionally, until cooked through, 12-15 minutes. Transfer to a plate. To same skillet, add **green beans** and **a pinch each of salt and pepper**. Cook, stirring occasionally, until green beans are crisp-tender, 4-5 minutes. Return meatballs to skillet and remove from heat.



6. Serve

Enjoy!