

# MARLEY SPOON



## Fast! Hot Honey Meatballs

with Green Beans & Rice



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! 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
- ½ lb pkg ready to heat beef meatballs
- 2 (½ oz) tamari soy sauce <sup>6</sup>
- 2 (½ oz) Mike's Hot Honey
- ¼ oz cornstarch
- 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

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

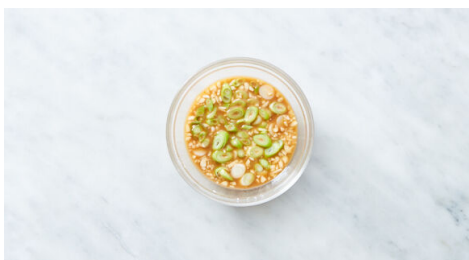
## Nutrition per serving

Calories 810kcal, Fat 39g, Carbs 114g, Protein 25g



### 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 **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 **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!