



Teriyaki Beef Meatballs & Cauliflower Rice

with Snow Peas & Peppers



ca. 20min



2 Servings

Home-cooked meals are better than take-out—especially when they're so simple to prepare. The tender meatballs simmer with crisp vegetables in teriyaki sauce until the savory sauce is thick and sweet. Garnish with scallions and sesame seeds, and you've found your new favorite take-out place—your kitchen!

What we send

- 12 oz cauliflower rice
- 1 bell pepper
- 2 scallions
- 4 oz snow peas
- garlic
- 10 oz pkg grass-fed ground beef
- 1 oz panko ¹
- 2 oz teriyaki sauce ^{1,6}
- ½ oz tamari soy sauce ⁶
- 1 oz rice vinegar
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

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

Tools

- microwave
- 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 610kcal, Fat 27g, Carbs 37g, Protein 43g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Cook cauliflower rice

Add **cauliflower rice** to a medium bowl. Cover and microwave until just tender, stirring halfway through, 5-7 minutes. Season to taste with **salt** and **pepper**. Keep covered until ready to serve.



4. Make sauce

Meanwhile, in a small bowl, combine **teriyaki sauce**, **tamari**, **chopped garlic**, **scallion whites** and **light greens**, and **half of the rice vinegar** (save rest for own use).



2. Prep ingredients

Halve **bell pepper**, discard stem and seeds, then thinly slice into ¼-inch slices. Trim **scallions**, keeping dark greens separate. Trim **snow peas**, if desired. 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

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



3. Cook veggies & meatballs

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **meatballs** and cook, turning occasionally, until cooked through, 12-16 minutes. Add **peppers** and **snow peas**. Cook, stirring occasionally, until peppers are crisp-tender and meatballs are browned in spots, 4-5 minutes.



6. Serve

Fluff **cauliflower rice** with a fork and divide between bowls. Spoon **meatballs** and **veggies** over cauliflower rice. Sprinkle with **scallion dark greens** and **sesame seeds**. Enjoy!