



Teriyaki Beef Meatballs & Ready to Heat Rice

with Snow Peas & Peppers



30-40min



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

- 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
- 2 (7.4 oz) cooked sticky rice
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

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

Tools

- medium nonstick skillet
- microwave (optional)
- small saucepan (optional)

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 890kcal, Fat 27g, Carbs 103g, Protein 45g



1. 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.



4. Cook rice

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

Alternatively, heat **1 teaspoon oil** in a small saucepan over medium. Add **rice** and **2 teaspoons water**. Cook, stirring occasionally, until warm, 3-5 minutes. Cover to keep warm until ready to serve.



2. 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.



5. Finish

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



3. 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).



6. Serve

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