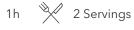
MARLEY SPOON



Tray Bake: Teriyaki Meatballs & Green Beans

with Jasmine Rice & Miso Soup





This dinner shortcut is no work, all flavor. Just add the ingredients to our easyto-use foil tray, pop it in the oven, and enjoy your mess-free, perfectly baked meal. Ready to heat meatballs are glazed with sweet and savory teriyaki sauce. Green beans roast with sesame oil and it all comes together on a bed of sticky rice. On the side, homemade miso soup gives the meal an extra boost of umami.

What we send

- aluminum foil tray
- ½ lb pkg ready to heat beef meatballs ^{1,3,6,7}
- 5 oz sushi rice
- 2 scallions
- ½ lb green beans
- ½ oz toasted sesame oil 11
- ¼ oz pkt toasted sesame seeds ¹¹
- 2 (2 oz) teriyaki sauce ^{1,6}
- 2 (0.63 oz) miso paste 6
- ¼ oz hondashi 4
- 5 oz baby spinach

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- nonstick cooking spray
- · fine-mesh sieve
- aluminium foil
- kettle or saucepan for boiling water

Allergens

Wheat (1), Egg (3), Fish (4), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 25g, Carbs 91g, Protein 31g



1. Brown meatballs

Preheat oven to 450°F with a rack in the center. **Grease** aluminum tray with nonstick spray. In prepared tray, toss **meatballs** with **1 teaspoon neutral oil**. Bake on center rack until meatballs are browned in spots, about 10 minutes. Transfer meatballs to a plate.



2. Prep veggies, cook rice

In a fine mesh sieve, rinse **rice** until water runs clear. Add to tray with **1 cup water**. Cover tray with aluminum foil; bake on center oven rack until tender and water is absorbed, about 20 minutes. Remove and rest rice, covered, for 5 minutes.

Meanwhile, trim **scallions**; thinly slice. Trim stem ends from **green beans**, then cut into 1-inch pieces.



3. Roast meatballs & veggies

In a large bowl, toss green beans with 1½ teaspoons sesame oil, half of the sesame seeds, and salt and pepper to taste. Spread in an even layer on rice. In same bowl, toss meatballs with half the teriyaki sauce and remaining sesame seeds; arrange on top of green beans and rice. Bake until green beans are tender-crisp and meatballs are shiny and sticky, about 10 minutes.



4. Make soup & serve

In a measuring cup, combine **miso**, **1** teaspoon hondashi, half of the scallions, and a handful of spinach (save rest for own use). Add **1**½ cups boiling water; whisk to dissolve miso.

Drizzle meatballs with remaining teriyaki sauce; sprinkle with remaining scallions. Serve teriyaki meatballs and sesame green beans with rice and miso soup. Enjoy!



5. Tray bake take two!

The foil tray that makes this tray bake so easy is reusable! Wash with dish soap and water, then dry thoroughly. Next time you're ready for a tray bake, spray the tray with nonstick cooking spray for easy clean-up.



6. Check us out!

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