



Tray Bake: Teriyaki Meatballs & Green Beans

with Jasmine Rice & Miso Soup



1h



2 Servings

This dinner shortcut is no work, all flavor. Just add the ingredients to our easy-to-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 **1¼ 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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