



## Sticky Teriyaki Beef Meatballs

with Snow Peas, Peppers & Steamed Rice



30-40min



2 Servings

Home-cooked meals are better than take-out and with our easy beef meatballs, this meal comes together in a flash. 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

- 5 oz jasmine rice
- 1 bell pepper
- 2 scallions
- 4 oz snow peas
- garlic
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>2</sup>
- 2 oz teriyaki sauce <sup>3,2</sup>
- ½ oz tamari soy sauce <sup>3</sup>
- 1 oz rice vinegar
- ¼ oz pkt toasted sesame seeds <sup>4</sup>

## What you need

- kosher salt & ground pepper
- neutral oil
- large egg <sup>1</sup>

## Tools

- small saucepan
- medium nonstick skillet

## Allergens

Egg (1), Wheat (2), Soy (3), Sesame (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 840kcal, Fat 27g, Carbs 88g, Protein 43g



### 1. Cook rice

In a small saucepan, combine **rice**, **1 ¼ 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. 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**.

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



### 3. Brown veggies & meatballs

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **meatballs**, turning occasionally, until cooked through, 12-16 minutes.

Add **peppers**, and **snow peas**. Cook, stirring occasionally, until peppers are crisp-tender, 4-5 minutes.



### 6. Serve

Enjoy!