

# DINNERLY



## Chicken Teriyaki Meatballs with Rice & Broccoli



20-30min



2 Servings

Sometimes you've got to get a plate of food and smother it in teriyaki sauce, y'know? Just make sure that plate includes roasted chicken meatballs, crisp-tender broccoli, and fluffy jasmine rice with toasted sesame seeds sprinkled all over top. We've got you covered!

## WHAT WE SEND

- 5 oz jasmine rice
- 2 scallions
- ½ lb broccoli
- 10 oz pkg ground chicken
- 1 oz panko <sup>1</sup>
- 2 oz teriyaki sauce <sup>1,3</sup>
- ¼ oz pkt toasted sesame seeds <sup>2</sup>

## WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- garlic
- distilled white vinegar (or vinegar of your choice)
- sugar

## TOOLS

- rimmed baking sheet
- small saucepan
- medium skillet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 670kcal, Fat 18g, Carbs 80g, Protein 43g



### 1. Cook rice

Preheat oven to 450°F with a rack in the upper third. Lightly **oil** a rimmed baking sheet.

In a small saucepan, combine **rice, 1¼ cups water, and ½ teaspoon salt**; bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



### 4. Cook teriyaki sauce

Meanwhile, in a medium skillet, stir to combine **teriyaki sauce, remaining chopped garlic and scallions, 2 tablespoons water, 2 teaspoons each of oil and vinegar, and ½ teaspoon sugar**; bring to a simmer over medium-low heat.

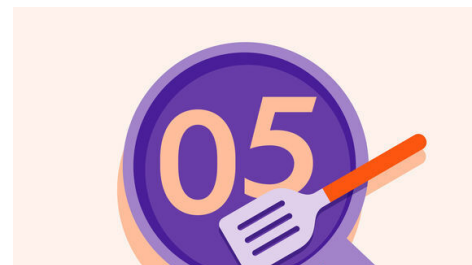
When **meatballs** have finished roasting, transfer to skillet and toss to coat.



### 2. Prep meatballs

Finely chop **2 teaspoons garlic**. Trim ends from **scallions**, then thinly slice. Cut **broccoli** into 1-inch florets, if necessary.

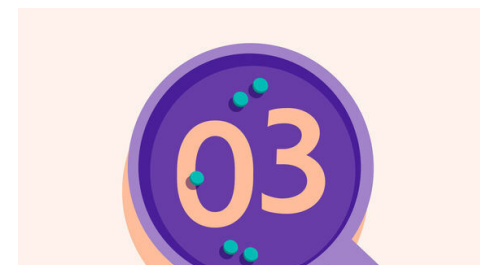
In a medium bowl, mix to combine **chicken, ⅓ cup panko, half each of the chopped garlic and scallions, 1 teaspoon salt, and a few grinds of pepper**. Shape into **12 meatballs**, about 1 tablespoon each.



### 5. Finish & serve

Fluff **rice** with a fork.

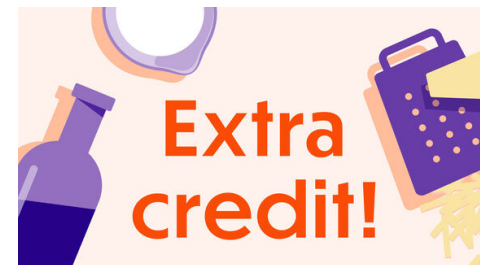
Serve **teriyaki meatballs** over **rice** with **broccoli** alongside. Sprinkle with **toasted sesame seeds**. Enjoy!



### 3. Cook meatballs & broccoli

Transfer **meatballs** to one side of prepared baking sheet, spaced at least ½-inch apart. Drizzle with **oil**. On open side, toss **broccoli** with **1 tablespoon oil**; season with **salt and pepper**.

Roast on upper oven rack until broccoli is tender and charred in spots and meatballs are browned and cooked to 165°F internally, 10–15 minutes.



### 6. More veggies please!

Bulk up your plate by roasting carrots, peppers, onions, or any other veggies you have in the fridge along with the broccoli in step 3.