

DINNERLY



Chicken Teriyaki Meatballs with Rice & Brussels Sprouts



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 Brussels sprouts 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 Brussels sprouts
- 10 oz pkg ground chicken
- 1 oz panko ³
- 2 oz teriyaki sauce ^{2,3}
- ¼ oz pkt toasted sesame seeds ¹

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

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

NUTRITION PER SERVING

Calories 700kcal, Fat 18g, Carbs 87g, Protein 44g



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.

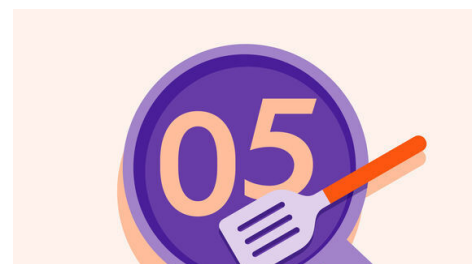
When **meatballs** have finished roasting, transfer to skillet and toss to coat.



2. Prep meatballs

Finely chop **2 teaspoons garlic**. Trim ends from **scallions**, then thinly slice. Trim ends from **Brussels sprouts**; remove any tough outer leaves. Cut in half (or quarter, if large).

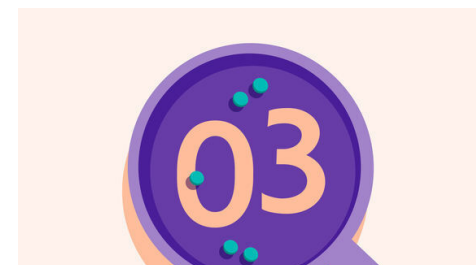
In a medium bowl, mix to combine **chicken, ⅓ cup panko, half each of the chopped garlic and scallions, 1 teaspoon salt, and a few grinds of pepper**. Shape into **12 meatballs**, about 1 tablespoon each.



5. Finish & serve

Fluff **rice** with a fork.

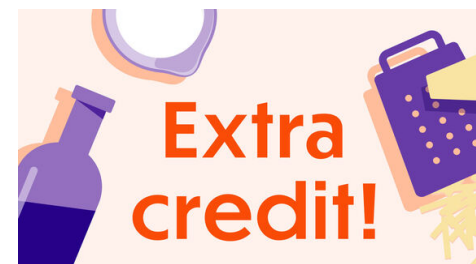
Serve **teriyaki meatballs** over **rice** with **Brussels sprouts** alongside. Sprinkle with **toasted sesame seeds**. Enjoy!



3. BRUSSELS VARIATION

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

Roast on upper oven rack until Brussels sprouts are 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 Brussels sprouts in step 3.