



FAST

LOW CALORIE

Asian Beef Meatballs

in Lettuce Wraps



20-30min



2 Servings

Sweet Thai chili sauce is beloved for its sticky, spicy, tangy heat. A popular condiment in Thailand and many South Asian countries, it's made from a sweetened puree of red chile peppers, rice wine vinegar, and garlic. Here, it's mixed with savory tamari to create a sauce that coats meatballs, bell peppers, and snow peas. Crisp lettuce leaves serve as wraps in this refreshing, fork-free meal.

What we send

- 1 oz fresh ginger
- garlic (use 1 large clove)
- 1 bell pepper
- 2 oz snow peas
- 1 bunch scallions (use $\frac{2}{3}$)
- 10 oz ground beef
- 1 oz panko (use $\frac{1}{4}$ cup) ¹
- 2 ($\frac{1}{2}$ oz) tamari in fish-shaped pods ⁶
- 3 oz Thai sweet chili sauce
- 1 head green leaf lettuce

What you need

- large egg ³
- kosher salt & ground pepper
- neutral oil, such as vegetable

Tools

- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 570kcal, Fat 28g, Carbs 42g, Protein 36g



1. Prep ingredients

Preheat broiler with a rack in the upper third. Peel and coarsely chop **1½ tablespoons ginger** and **1½ teaspoons garlic**. Halve **pepper**, remove stem and seeds; cut peppers lengthwise into very thin strips, then cut strips in half crosswise. Thinly slice **snow peas** lengthwise. Trim **$\frac{2}{3}$ of the scallions**, then thinly slice (save rest for own use).



4. Make sauce

Meanwhile, in a measuring cup, stir to combine **all of the tamari**, **Thai sweet chili sauce**, and **2 tablespoons water**.



2. Prep meatballs

On a cutting board, combine **chopped ginger and garlic**; chop together until fine. Transfer $\frac{3}{4}$ of the ginger-garlic mixture to a medium bowl. Add **ground beef**, **$\frac{1}{4}$ cup of the panko**, **1 large egg**, **$\frac{1}{4}$ cup of the sliced scallions**, and **$\frac{1}{4}$ teaspoon salt** to the bowl, stirring to combine. Form into **12 equal meatballs**; transfer to a lightly **oiled** rimmed baking sheet.



5. Stir-fry vegetables

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **peppers** and cook, stirring, until tender and lightly browned in spots, 4-5 minutes. Add **snow peas**, **remaining ginger-garlic mixture**, and **half of the remaining scallions**; cook, stirring, until fragrant, about 1 minute.



3. Broil meatballs

Broil **meatballs** on upper oven rack until browned and cooked through, about 10 minutes (watch closely, as broilers vary).



6. Finish stir-fry & serve

Add **sauce** to skillet and bring to a boil over high heat. Add **meatballs**, and simmer, turning to coat in sauce, until just heated through, about 1 minute. Separate **lettuce leaves**; wash and dry well. Serve **meatballs and vegetables** in **lettuce wraps**. Garnish with **remaining scallions**. Enjoy!