

# DINNERLY



## Teriyaki-Glazed Meatballs with Green Bean & Scallion Fried Rice



20-30min



2 Servings

Teriyaki sauce is truly the chameleon of condiments! From glazing meats to quick skillet cooking—this luscious sauce brings a deep umami flavor. It's the ideal sticky sweet sauce for a juicy meatball and green bean stir-fry over fluffy rice. We've got you covered!

### WHAT WE SEND

- 5 oz jasmine rice
- garlic
- 1 oz scallions
- ½ lb green beans
- 10 oz pkgs grass-fed ground beef
- 1 oz panko (use ¼ cup) <sup>1,6</sup>
- 1 pkt teriyaki sauce <sup>1,6</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- 1 large egg <sup>3</sup>
- neutral oil

### TOOLS

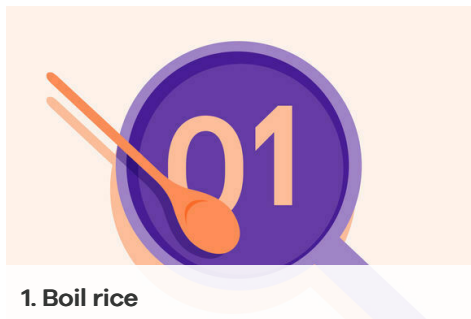
- medium saucepan
- rimmed baking sheet
- large nonstick skillet

### 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 850kcal, Fat 39g, Carbs 89g, Proteins 37g



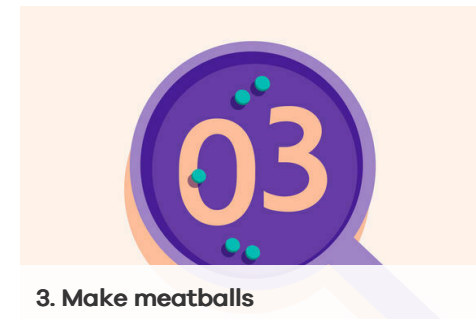
#### 1. Boil rice

Preheat oven to 450°F with a rack in the center. Fill a medium saucepan with **salted water** and bring to a boil over high heat. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 12 minutes. Drain rice in a fine-mesh sieve, rinse with cold water, and drain well again.



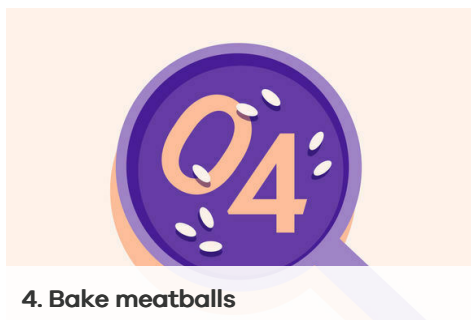
#### 2. Prep ingredients

Finely chop **2 teaspoons garlic**. Trim **scallions**, then thinly slice. Trim ends from **green beans**, then cut into 1-inch pieces.



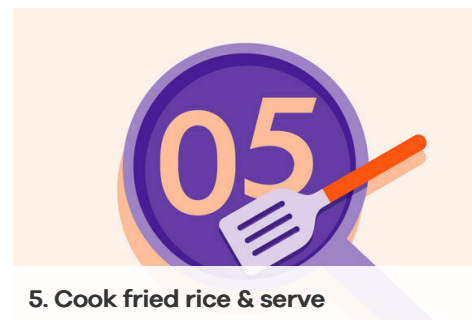
#### 3. Make meatballs

In a medium bowl, combine **ground beef**, **¼ cup panko**, **1 large lightly beaten egg**, **2 tablespoons of the scallions**, **1 teaspoon each of the chopped garlic and salt**, and **a few grinds of pepper**. Lightly oil a rimmed baking sheet. Shape beef mixture into 8 meatballs (about 2 tablespoons each), transferring to prepared baking sheet as you go.



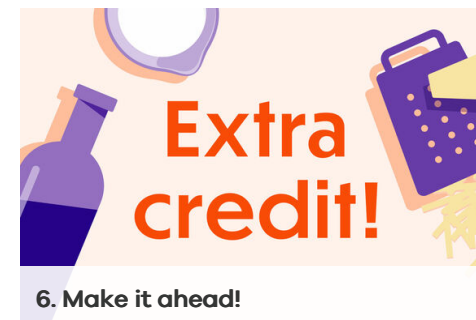
#### 4. Bake meatballs

Bake **meatballs** on center oven rack until browned and cooked to 160°F internally, 10–12 minutes. Meanwhile, in a medium bowl, whisk to combine **teriyaki sauce** and **2 tablespoons water**. Season to taste with **salt** and **pepper**. Remove meatballs from oven. Using a slotted spoon, transfer cooked meatballs to teriyaki sauce, stirring to coat. Cover to keep warm.



#### 5. Cook fried rice & serve

Heat **1 tablespoon oil** in a large nonstick skillet over high. Add **green beans** and cook until tender, 3–4 minutes. Add **rice**, **remaining scallions and chopped garlic**, and **1 tablespoon oil**. Cook, pressing down to crisp rice, and toss until the rice is warmed through, 3–4 minutes. Season with **salt** and **pepper**. Serve **teriyaki meatballs** over **fried rice**. Enjoy!



#### 6. Make it ahead!

Season and shape your meatballs the night before to speed up prep time. They can be stored in an airtight container in the fridge.