



CHINESE-STYLE BEEF MEATBALLS

with Steamed Rice, Greens and Sweet Peach Relish



Make a sweet peach relish



Beef Mince



Zucchini



Broccoli



Peach



Ginger



Garlic



Basmati Rice



Mixed Sesame Seeds



Fine Breadcrumbs



Long Red Chilli (Optional)



Chinese Five Spice



Hands-on: **20** mins
Ready in: **45** mins



Spicy (optional long red chilli)

Goodness gracious, great balls of five spice! You guys, our newest recipe developer Paddy has absolutely shot out of the gate with this combination that had us scratching our heads and licking our lips in equal measure. If you're unsure about the combo of beef with peach, you've simply got to try this. If you're still not a fan? Well, you'll have to take it up with Paddy...

Pantry Staples: Olive Oil, Rice Wine Vinegar (or White Wine Vinegar), Sugar, Soy Sauce, Egg, Water

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, teaspoon, fine grater, small frying pan, wooden spoon, medium bowl, large plate, medium saucepan with lid, sieve, large frying pan** and **tongs**.



1 GET PREPPED

Peel and finely grate the **ginger** (use **suggested amount**). Finely slice the **long red chilli** (if using). Chop the **peach** into 2 cm chunks. Peel and crush the **garlic**. Cut the **broccolini** into 3 cm pieces. Cut the **zucchini** into 0.5 cm half-moons.



2 MAKE THE PEACH RELISH

Heat a **drizzle of olive oil** in a small frying pan over a medium-high heat. Add the **ginger** and **chilli** (if using) and cook for **1 minute**, or until fragrant. **TIP:** *Some like it hot but if you don't, just hold back on the chilli.* Add the **peach, rice wine vinegar** and **sugar** and bring to the boil. Reduce the heat to low and simmer for **15-20 minutes**, or until the relish starts to thicken. **TIP:** *The relish will thicken as it cools. If it becomes too thick, add a splash of water.*



3 MAKE THE MEATBALLS

In a medium bowl, combine the **beef mince, garlic, Chinese five spice** (use **suggested amount**), **1/2 of the soy sauce**, the **fine breadcrumbs** and **egg**. Shape **1 tbs** of the **beef mince mixture** into a meatball. Set aside on a large plate and repeat with the remaining mixture. **TIP:** *You should get 4-5 meatballs per person.*



4 COOK THE BASMATI RICE

Rinse the **basmati rice** well. Add the **water** (check ingredients list for the **amount**) to a medium saucepan and bring to the boil. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the saucepan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. **TIP:** *Don't lift the lid while the rice is resting so you don't lose any steam.*



5 COOK THE MEATBALLS & VEG

While the rice is cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **beef meatballs** and cook, turning regularly, for **6-7 minutes**, or until browned. Keep the meatballs in the pan and add the **broccolini, zucchini** and **remaining soy sauce**. Cook for **3-4 minutes**, or until the broccolini is just tender and the meatballs are cooked through.



6 SERVE UP

Divide the basmati rice between bowls and top with the Chinese-style beef meatballs and veggies. Spoon over the sweet peach relish and garnish the adult's portions with the **mixed sesame seeds**.

ENJOY!

4-5 PEOPLE — INGREDIENTS

	4-5P
olive oil*	refer to method
ginger	½ knob
long red chilli (optional)	1
peach	2
garlic	1 clove
broccolini	1 bunch
zucchini	1
rice wine vinegar* (or white wine vinegar)	¼ cup
sugar*	2 tbs
beef mince	1 packet
Chinese five spice (use suggested amount)	½ sachet (1 tsp)
soy sauce*	2 tbs
fine breadcrumbs	1 packet (½ cup)
egg*	1
basmati rice	2 packets (1½ cups)
water*	6 cups
mixed sesame seeds	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2840kJ (678Cal)	340kJ (81Cal)
Protein (g)	43.4g	5.2g
Fat, total (g)	14.6g	1.8g
- saturated (g)	5.2g	0.6g
Carbohydrate (g)	89.2g	10.7g
- sugars (g)	13.0g	1.6g
Sodium (g)	723mg	87mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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