



Hoisin Beef Meatballs

with Veggie Stir-Fry & Sesame Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Sesame Seeds



Garlic



Ginger



Capsicum



Zucchini



Carrot



Spring Onion



Hoisin Sauce



Beef Mince



Southeast Asian Spice Blend



Fine Breadcrumbs

Hands-on: 35-45 mins
Ready in: 40-50 mins

Whip up classic Chinese flavours in an easy beef bowl with plenty of colourful veggies. It's simple, fast and tasty and beats takeaway any night of the week!

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cup	2½ cup
(for the rice)		
jasmine rice	1 packet	2 packets
salt* (for the rice)	¼ tsp	½ tsp
sesame seeds	1 sachet	2 sachets
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
capsicum	1	2
zucchini	1	2
carrot	1	2
spring onion	2 stems	4 stems
hoisin sauce	1 sachet	2 sachets
water*	2 tbs	¼ cup
(for the sauce)		
rice wine vinegar*	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
beef mince	1 small packet	1 medium packet
southeast Asian spice blend	1 sachet	2 sachets
egg*	1	2
fine breadcrumbs	½ packet	1 packet
salt* (for the beef)	¼ tsp	½ tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3473kJ (830Cal)	509kJ (121Cal)
Protein (g)	45.8g	6.7g
Fat, total (g)	25.2g	3.7g
- saturated (g)	7.2g	1.1g
Carbohydrate (g)	99.2g	14.5g
- sugars (g)	31g	4.5g
Sodium (mg)	2012mg	295mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **jasmine rice** and the **salt (for the rice)**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Make the meatballs

While the veggies are cooking, combine the **beef mince**, **southeast Asian spice blend**, **egg**, **garlic**, **fine breadcrumbs** (see ingredients), **salt (for the beef)** and 1/2 the **spring onion**. Using damp hands, shape a heaped spoonful of the beef mixture into a meatball. Transfer to a plate and repeat with the remaining mixture. You should get 5-6 meatballs per person.



Get prepped

While the rice is cooking, heat a large frying pan over medium-high heat. Toast the **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Finely chop the **garlic**. Grate the **ginger** (unpeeled). Thinly slice the **capsicum** into strips. Cut the **zucchini** into thin sticks. Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **spring onion**. In a small bowl, combine the **hoisin sauce**, **water (for the sauce)**, **rice wine vinegar** and **soy sauce**.



Cook the meatballs

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **meatballs**, turning occasionally, until browned and cooked through, **8-10 minutes**. Add the **veggies** and **hoisin sauce mixture** to the pan and toss to coat. Stir 1/2 the toasted **sesame seeds** through the **rice**.



Cook the veggies

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **capsicum**, **zucchini** and **carrot**, tossing occasionally, until tender, **4-5 minutes**. Add the **ginger** and cook until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.



Serve up

Divide the sesame rice between bowls. Top with the hoisin beef meatballs and veggies. Sprinkle over the remaining sesame seeds and spring onion.

Enjoy!