



Sticky Teriyaki Beef Meatballs & Asian Slaw

with Aioli & Coriander

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Radish



Fresh Chilli (Optional)



Teriyaki Sauce



Beef Mince



Ginger Paste



Fine Breadcrumbs



Garlic Aioli



Shredded Cabbage Mix



Coriander



Lamb Mince

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Teriyaki sauce on beef meatballs can inject a burst of flavour that we never knew we needed for this slaw bowl. It's rich and decadent and spiced up with a zap of chilli and coriander. These may be the best meatballs we've ever had!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Vinegar (White Wine or Rice Wine), Egg

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
radish	2	4
fresh chilli  (optional)	½	1
teriyaki sauce	1 medium packet	1 large packet
brown sugar*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	½ tbs	1 tbs
beef mince	1 small packet	2 small packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
salt*	¼ tsp	½ tsp
garlic aioli	1 medium packet	1 large packet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
coriander	1 bag	1 bag
lamb mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2680kJ (641Cal)	643kJ (154Cal)
Protein (g)	36.3g	8.7g
Fat, total (g)	37.5g	9g
- saturated (g)	10.5g	2.5g
Carbohydrate (g)	35.7g	8.6g
- sugars (g)	19.3g	4.6g
Sodium (mg)	892mg	214mg
Dietary Fibre (g)	6.1g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2237kJ (535Cal)	536kJ (128Cal)
Protein (g)	33.3g	8g
Fat, total (g)	28.4g	6.8g
- saturated (g)	5.5g	1.3g
Carbohydrate (g)	35.7g	8.6g
- sugars (g)	19.3g	4.6g
Sodium (mg)	912mg	219mg
Dietary fibre	6.1g	1.5g

The quantities provided above are averages only.

Allergens

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

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

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Grate the **carrot**. Thinly slice **radish** and **fresh chilli** (if using).
- In a small bowl, combine **teriyaki sauce**, the **brown sugar**, **vinegar** and a splash of **water**. Set aside.
- In a medium bowl, combine **beef mince**, **ginger paste**, **fine breadcrumbs**, the **egg**, **salt** and a pinch of **pepper**.
- Using damp hands, roll heaped spoonfuls of the **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

Custom Recipe: If you've swapped beef mince for lamb mince, make lamb meatballs in the same way as above.

3



Toss the slaw

- While the meatballs are cooking, combine **garlic aioli** and a drizzle of **vinegar** in a large bowl.
- Add **shredded cabbage mix**, **carrot** and **radish**. Toss to coat and season to taste.

2



Cook the meatballs

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Add **teriyaki sauce mixture** and cook, tossing, until meatballs are well coated, **1-2 minutes**.

Custom Recipe: Cook lamb meatballs in the same way as above.

4



Serve up

- Divide slaw between bowls. Top with teriyaki-glazed beef meatballs, spooning over any remaining glaze.
- Tear over **coriander**. Sprinkle over **chilli** to serve. Enjoy!

Little cooks: Add the finishing touch and tear over the coriander.

Rate your recipe

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