DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Sticky MeatBall Bowls

Juicy beef meatballs glazed in sweet teriyaki sauce, served over sticky sushi rice with a rainbow of fresh veggies.

35 MINUTES | Beef | 2 SERVINGS

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	18g	64g

FROM YOUR BOX

SUSHI RICE	150g
LEBANESE CUCUMBER	1
CARROT	1
SNOW PEAS	150g
BEEF MINCE	300g
GARLIC CLOVE	1
TERIYAKI SACHETS	2

FROM YOUR PANTRY

sesame oil (or other), salt, pepper, vinegar (rice/white wine or apple cider vinegar), sugar of choice

COOKING TOOLS

saucepan, frypan

Short on time? You can skip making the meatballs and cook the beef mince with garlic. Add teriyaki sauce as per recipe and serve over rice.

Before you start cooking!
Wash your veggies and set out all ingredients, pans, chopping board and knife.



1. COOK THE RICE

Place **sushi rice** in a saucepan, cover with **325ml water**. Bring to a boil, cover with a lid and reduce to medium-low. Cook 10–15 minutes or until water is absorbed.

tip *Use a rice cooker if you have one!*



2. PREPARE THE SALAD

Mix **1 tsp sesame oil, 2-3 tsp vinegar, 1/2 tsp sugar** in a bowl.

Use a peeler to make **cucumber** and **carrot** ribbons. Thinly slice **snow peas**. Toss into dressing.

tip *Cut the veggies into sticks instead!*



3. MAKE THE MEATBALLS

Combine **beef mince** with **crushed garlic, salt and pepper.** Roll into meatballs using a tablespoon measure.

tip *Make larger meatballs if you prefer! For extra flavour add some grated ginger!*



4. COOK THE MEATBALLS

Heat a frypan with **1 tbsp oil** over medium-high heat. Add **meatballs** and cook for 8–10 minutes, turning often, until browned and just cooked through.



5. ADD THE SAUCE

Pour in the **teriyaki sauce** and **1-2 tbsp water**. Stir to coat the **meatballs** and simmer 2 minutes until glossy.



6. FINISH AND SERVE

Spoon **sushi rice** into bowls. Serve with **salad**, **meatballs** and **extra teriyaki glaze.**

tip *You can add some sesame seeds, fried shallots or fresh chives for garnish!*