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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 4/6 SERVINGS

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g/39g	18g/19g	63g/67g

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	150 + 300g
LEBANESE CUCUMBER	2	2
CARROTS	2	2
RED CAPSICUM	1	1
SNOW PEAS	150g	2 x 150g
BEEF MINCE	600g	600g + 300g
GARLIC CLOVE	1	2
TERIYAKI SACHETS	3	5

FROM YOUR PANTRY

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

COOKING TOOLS

saucepan, large 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 **650ml water**. Bring to a boil, cover with a lid and reduce to medium-low. Cook 10–15 minutes or until water is absorbed.

6P - use 975ml water for the rice.

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



2. PREPARE THE SALAD

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

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

6P - use 3 tbsp vinegar & 2 tsp sugar



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 large 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 **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!*