

for the
little ones

Sticky MeatBALLS 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

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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	900g
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)

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!



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.



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



5. ADD the Sauce

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



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!



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!