



Orange Ginger Sesame Beef Meatballs

WITH BROCCOLI, RICE, AND CRISPY WONTONS

Oven-Ready



Prep & Cook Time

40-50 MIN

Cook Within

4 DAYS

You Will Need

Olive Oil, Salt, Pepper
Microwave-Safe Bowl, Mixing Bowl

Ingredients

- 16 oz. Ground Beef
- 6 oz. Mixed Diced Peppers
- 2 tsp. Multicolor Sesame Seeds
- 6 oz. Orange Ginger Sesame Sauce
- 1 oz. Wonton Strips
- 1 tsp. Garlic Salt
- 2 fl. oz. Sweet & Thick Soy Sauce (GF)
- 1/2 cup Panko Breadcrumbs
- 12 oz. Broccoli Florets
- 16 oz. Cooked White Rice

Difficulty Level

EASY

Spice Level

MILD

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef	Ground Pork	Impossible Burger	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/34417

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, sesame, wheat, egg, soy, milk, fish, and shellfish ingredients.

Recipe designed for use with silver tray (as pictured); if you receive a different tray, please contact customer support before cooking.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Ingredient(s) used more than once: **garlic salt**



1. Start the Meatballs and Vegetables

- Break **broccoli** into bite-sized pieces using hands.
- In one provided tray, combine broccoli, **peppers**, 2 tsp. **olive oil**, and half the **garlic salt** (reserve remaining for rice). Spread into an even layer. Cover tray with foil.
- In a mixing bowl, combine **ground beef**, **panko**, **soy sauce**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Form beef mixture into 12 equally-sized meatballs. Transfer to second provided tray.
- Bake both trays (meatballs uncovered, vegetables covered) in hot oven until broccoli starts to turn bright green, 10-15 minutes.
- Carefully remove both trays from oven. Drain any excess liquid from meatballs tray.



2. Add the Sauce

- Uncover **vegetables**.
- Top **meatballs** with **orange ginger sesame sauce** (use less if spice-averse) and cover meatballs with foil.



3. Bake Meal and Heat Rice

- Bake both trays again (vegetables uncovered, meatballs covered) in hot oven until **vegetables** are tender and **meatballs** reach a minimum internal temperature of 160 degrees, 12-18 minutes.
- While meal bakes, carefully massage **rice** in bag to break up any clumps. Remove rice from packaging. Place rice and remaining **garlic salt** in a microwave-safe bowl. Microwave uncovered until heated through, 2-3 minutes.
- Carefully remove from microwave. Rest, 2 minutes.
- Fluff rice with a fork.
- Carefully remove trays from oven.
- To serve, top rice with meatballs and vegetables. Garnish with **wontons strips** and **sesame seeds**. Bon appétit!