



In your box

- ¼ cup Panko Breadcrumbs
- 3 fl. oz. Jerk Sauce
- 1 Red Bell Pepper
- 2 Green Onions
- 1 Navel Orange
- 4 oz. Slaw Mix
- 10 oz. Ground Beef
- ½ fl. oz. Seasoned Rice Vinegar



Jerk Beef Meatballs

with bell pepper salad

NUTRITION per serving—Calories: 618, Carbohydrates: 34g, Fat: 40g, Protein: 30g, Sodium: 1300mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
5 days

Difficulty Level 
Easy

Spice Level 
Mild

🕒 You will need

Olive Oil, Salt, Pepper

3 Mixing Bowls, Medium Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **green onions**, **rice vinegar**



1

Prepare the Ingredients

- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Stem, seed, remove ribs, and cut **red bell pepper** into 2" long strips.
- Peel **orange** and slice into ¼" rounds. Tear rounds into small pieces. Place orange pieces in a mixing bowl with half the **rice vinegar** (reserve remaining for dressing) and combine. Set aside.



2

Form the Meatballs

- In another mixing bowl, combine **ground beef**, **panko**, and ¼ tsp. **salt**.
- Form meat mixture into six equally-sized meatballs, about the size of a ping-pong ball.



3

Cook the Meatballs

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **meatballs** to hot pan and stir occasionally until meatballs are browned and reach a minimum internal temperature of 160 degrees, 8-10 minutes.
- Add **jerk sauce**, 1 Tbsp. **water**, and **white portions of green onions** and stir until warmed through, 1-2 minutes.
- Remove from burner.
- While meatballs cook, make salad.



4

Make the Salad

- In another mixing bowl, combine **red bell pepper**, **green portions of green onions**, **slaw mix**, **oranges** and **any liquid**, remaining **rice vinegar**, 2 Tbsp. **olive oil**, and a pinch of **salt** and **pepper**. Set aside.



5

Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!