



Hoisin Glazed Vegetarian Meatballs

With Linda McCartney Meatballs, Lime Rice & Tenderstem® Broccoli

N° 5

CLASSIC 30 Minutes • Veggie



Spring Onion



Garlic Clove



Lime



Basmati Rice



Linda McCartney's Vegetarian Meatballs



Cornflour



Tenderstem Broccoli®



Hoisin Sauce



Soy Sauce



Sesame Seeds

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Measuring Jug, Saucepan, Large Frying Pan and Baking Tray.

Ingredients

	2P	3P	4P
Spring Onion**	1	2	2
Garlic Clove**	1	2	2
Lime**	1	1	2
Water for Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Linda McCartney's Vegetarian Meatballs 11) 13)**	1 pack	1½ packs	2 packs
Cornflour	½ pot	¾ pot	1 pot
Tenderstem Broccoli***	1 small pack	1 large pack	1 large pack
Water for the Sauce*	100ml	150ml	200ml
Hoisin Sauce 3) 11) 13)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Sesame Seeds 3)	1 small pot	1 large pot	2 small pots

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	537g	100g
Energy (kJ/kcal)	2711/648	505/121
Fat (g)	16	3
Sat. Fat (g)	2	1
Carbohydrate (g)	89	17
Sugars (g)	15	3
Protein (g)	33	6
Salt (g)	5.95	1.12

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Prep

Preheat your oven to 200°C. Trim the **spring onions** then thinly slice. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**.



4. Roast the Tenderstem

Meanwhile, put the **Tenderstem broccoli** on a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast on the top shelf of your oven until tender and crispy at the edges, 10-12 mins. Turn halfway through cooking.



2. Cook The Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add a pinch of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



5. Make the Glaze

Once the **meatballs** have browned, add the **garlic** and cook for a further minute. Next add the **water** (see ingredients for amount), **hoisin sauce** and **soy sauce**. Rapidly simmer until you have a glossy sauce, 2-3 mins.



3. Start The Meatballs

While the **rice** is cooking, heat a splash of **oil** in a large frying pan. Once hot add the **Linda McCartney veggie meatballs** and **cornflour**, shake the pan to coat the **veggie meatballs** in the **cornflour**. Fry until browned all over, 5-7 minutes, turning every 2 minutes. **IMPORTANT: Ensure the Linda McCartney veggie meatballs are piping hot and cooked throughout**



6. Finish Up

Fluff up the **rice** with a fork and stir through the **lime zest** and **half the juice**. Divide the **rice** between your plates and top with the **meatballs** and **sauce**. Finish with the **broccoli** and a sprinkling of **spring onion** and **sesame seeds**. Serve with the remaining **lime wedges** for squeezing over.

Enjoy!