

# Orange-Glazed Meatballs

*with Baby Bok Choy & Brown Rice*

In this recipe, inspired by a Chinese takeout classic, we're serving up orange beef with a twist. Instead of coated and fried beef, we're showcasing succulent meatballs, packed with garlic, ginger and scallions. We're finishing the meatballs (alongside baby bok choy) in an irresistible glaze of fresh orange juice, tangy ponzu sauce and sweet chili sauce, for plenty of complex flavor. When cooked, the bok choy leaves turn tender and silky, while the edible stems keep their satisfyingly crisp bite.



## Ingredients

- 1½ Pounds Ground Beef
- 1½ Cups Long Grain Brown Rice
- 4 Cloves Garlic
- 3 Scallions
- 1 Navel Orange
- 1 Pound Baby Bok Choy

## Knick Knacks

- 1 1-Inch Piece Ginger
- 1 Tablespoon Cornstarch
- ⅓ Cup Sweet Chili Sauce
- ¼ Cup Panko Breadcrumbs
- ¼ Cup Ponzu Sauce

Makes 4 Servings

About 700 Calories Per Serving

Prep Time: 15 min | Cook Time: 30 to 40 min





1



## Cook the rice:

In a small pot, combine the **rice**, a **big pinch of salt** and **3 cups of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 25 to 30 minutes, or until the liquid has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork.

2



## Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Peel and mince the garlic and ginger. Cut off and discard the root ends of the scallions; thinly slice the white bottoms and cut the green tops into 1/2-inch pieces. Cut off and discard the root ends of the bok choy; roughly chop the leaves and stems. Halve the orange and squeeze the juice into a medium bowl, straining out the seeds; discard the orange halves. To make the orange glaze, add the **ponzu sauce**, **sweet chili sauce** and **cornstarch** to the bowl of **orange juice**; whisk until thoroughly combined.

3



## Cook the aromatics:

While the rice continues to cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of oil on medium-high until hot. Add the **garlic**, **ginger** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant. Remove from heat and transfer to a large bowl. Wipe out the pan.

4



## Form the meatballs:

While the rice continues to cook, add the **ground beef** and **breadcrumbs** to the bowl of **cooked aromatics**; season with salt and pepper. Mix until just combined. Using your hands, form the mixture into 18 to 20 equal-sized meatballs.

5



## Cook the meatballs & bok choy:

In the pan used to cook the aromatics, heat 1 tablespoon of oil on medium until hot. Add the **meatballs**; season with salt and pepper. Cook, turning occasionally, 4 to 6 minutes, or until browned on all sides. Add the **bok choy** and **1/4 cup of water**. Cook, stirring occasionally, 4 to 6 minutes, or until the meatballs are cooked through and the bok choy leaves have wilted.

6



## Finish & plate your dish:

Add the **orange glaze** (stirring just before adding) to the pan of meatballs and bok choy; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the liquid has thickened and the meatballs are thoroughly coated. Remove from heat and season with salt and pepper to taste. Divide the **cooked rice** and **finished meatballs and bok choy** between 4 plates. Garnish with the **green tops of the scallions**. Enjoy!