

# Soy-Glazed Meatballs

*with Swiss Chard, Jasmine Rice & Marinated Radish*

Meatballs are enjoyed in cuisines across the globe—but they're believed to have originated, centuries ago, in China. In this recipe, we're making our beef meatballs with traditional Chinese aromatics, then glazing them in a delectable soy-based sauce. When making the marinated radish, "squaring off" the root (or cutting off the sides to turn the radish into a square) adds stability when thinly slicing and helps create uniform pieces. You'll end up with a delicate garnish that adds pleasing brightness and complements the rich flavors of the dish.



#### Blue Apron Wine Pairing

Las Canovas Tempranillo, 2014



## Ingredients

10 Ounces Ground Beef  
¾ Cup Jasmine Rice  
2 Radishes  
1 Scallion  
½ Bunch Swiss Chard

### Knick Knacks

2 Tablespoons Soy Glaze  
2 Tablespoons Rice Wine Vinegar  
1 1-Inch Piece Ginger  
¼ Cup Panko Breadcrumbs

**Makes:** 2 servings | **Calories:** about 725 per serving  
**Prep Time:** 15 minutes | **Cook Time:** 30–40 minutes



For cooking tips & tablet view, visit [blueapron.com/recipes/868](https://blueapron.com/recipes/868)

Recipe #868



1



## Cook the rice:

In a small pot, combine the **rice**, a **big pinch of salt** and **1½ cups of water**; heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork. Set aside in a warm place.

2



## Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Separate the chard leaves and stems; roughly chop the leaves and thinly slice the stems. Cut off and discard the root end of the scallion; thinly slice on an angle, separating the white bottom and green top. Peel and mince the ginger. Cut off and discard the ends of the radishes; cut into matchsticks. Place in a bowl with **half the vinegar**; toss to coat and set aside to marinate.

3



## Cook the chard:

While the rice continues to cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **chard leaves and stems**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened. Add **2 tablespoons of water** and cook, stirring occasionally, 1 to 2 minutes, or until the water has cooked off; season with salt and pepper to taste. Transfer to a bowl and set aside in a warm place.

4



## Form & brown the meatballs:

In a large bowl, combine the **ground beef**, **breadcrumbs**, **ginger** and **white bottom of the scallion**; season with salt and pepper. Gently mix until just combined. Using your hands, form the mixture into 14 to 16 equal-sized meatballs. In the pan used to cook the chard, heat 2 teaspoons of olive oil on medium-high until hot. Add the meatballs and cook, turning occasionally, 4 to 6 minutes, or until browned on all sides.

5



## Glaze the meatballs:

Add the **soy glaze**, **remaining vinegar** and **2 tablespoons of water** to the pan of meatballs. Cook, stirring occasionally and spooning the sauce over the meatballs, 2 to 3 minutes, or until the sauce has thickened and the meatballs are thoroughly coated and cooked through. Remove from heat and season with salt and pepper to taste.

6



## Plate your dish:

Divide the **cooked rice** and **cooked chard** between 2 dishes. Top with the **glazed meatballs**. Garnish with the **green top of the scallion** and **marinated radishes**. Enjoy!