

Ginger-Scallion Meatballs & Rice

with Bok Choy & Marinated Turnip

TIME: 25-35 minutes

SERVINGS: 2

Tonight's meatballs are packed with dynamic, Asian-inspired flavor. We're mixing finely chopped ginger and thinly sliced scallions into the beef for aromatic depth, then simmering the meatballs in a bright, sweet, and savory soy-based sauce. Baby bok choy (cooked right along with the meatballs) and marinated turnip add delicious crispness to every bite.



MATCH YOUR BLUE APRON WINE



Bold & Spicy

Serve a bottle with this symbol for a great pairing.



30
MINUTE
MEAL

Ingredients



10 oz
GROUND BEEF



1/2 cup
JASMINE RICE



6 oz
BABY BOK CHOY



1
HAKUREI TURNIP



2
SCALLIONS

KNICK KNACKS:



2 Tbsps
RICE VINEGAR



1 1-inch piece
GINGER



2 Tbsps
SUSHI SAUCE



1/4 cup
PANKO
BREADCRUMBS



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1 Cook the rice:

- ☐ In a small saucepan, combine the **rice**, a **big pinch of salt**, and **1 cup of water**; heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- ☐ Turn off the heat and fluff the cooked rice with a fork. Set aside in a warm place.

2 Prepare the ingredients & marinate the turnip:

- ☐ While the rice cooks, wash and dry the fresh produce.
- ☐ Peel and finely chop the ginger.
- ☐ Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops.
- ☐ Cut off and discard the root ends of the bok choy; roughly chop.
- ☐ Peel the turnip; quarter lengthwise, then thinly slice crosswise. Place in a bowl with **half the vinegar**; season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.



3 Form the meatballs:

- ☐ While the turnip marinates, in a large bowl, combine the **ground beef**, **breadcrumbs**, **ginger**, and **white bottoms of the scallions**; season with salt and pepper. Gently mix to combine.
- ☐ Using your hands, form the mixture into 10 to 12 equal-sized meatballs. Transfer to a plate.

4 Brown the meatballs:

- ☐ While the turnip continues to marinate, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **meatballs** and cook, turning occasionally, 5 to 7 minutes, or until browned.



5 Add the bok choy:

- ☐ Add the **bok choy**, **sushi sauce**, **remaining vinegar**, and **¼ cup of water** to the pan. Cook, stirring occasionally, 2 to 3 minutes, or until the bok choy leaves have wilted and the meatballs are cooked through. Turn off the heat and season with salt and pepper to taste.

6 Plate your dish:

- ☐ Divide the **cooked rice** between 2 dishes. Top with the **cooked meatballs and bok choy**. Garnish with the **marinated turnip** (including any marinating liquid) and **green tops of the scallions**. Enjoy!

