

# Orange-Glazed Meatballs

with Bok Choy & Jasmine Rice

TIME: 25-35 minutes

SERVINGS: 2

In this easy recipe, aromatic meatballs, made with fine-chopped ginger and garlic, get a deliciously citrusy finish from fresh orange juice and ponzu sauce. A fluffy bed of rice is perfect for soaking up all the bright flavors of the dish.



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## Ingredients



10 oz  
GROUND BEEF



1  
ORANGE



10 oz  
BABY BOK CHOY



2 cloves  
GARLIC



6 oz  
CARROTS



¾ cup  
JASMINE RICE

## KNICK KNACKS:



1 1-inch piece  
GINGER



¼ cup  
SWEET CHILI  
SAUCE



¼ cup  
PANKO  
BREADCRUMBS



¼ cup  
PONZU SAUCE



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### 1 Prepare the ingredients & make the sauce:

- Wash and dry the fresh produce.
- Peel and finely chop the **garlic** and **ginger**.
- Peel the **carrots** and thinly slice on an angle.
- Cut off and discard the root end of the **bok choy**; roughly chop.
- Halve the **orange** and squeeze the juice into a medium bowl, straining out any seeds. Add the **ponzu sauce** and **sweet chili sauce**; stir to thoroughly combine.

### 2 Cook the rice:

- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 ½ cups 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 with a fork. Cover to keep warm.



### 3 Form the meatballs:

- While the rice cooks, in a large bowl, combine the **beef**, **breadcrumbs**, and **chopped garlic and ginger**; season with salt and pepper. Gently mix until just combined.
- Using your hands, form the mixture into 10 to 12 equal-sized meatballs. Transfer to a plate.

### 4 Cook the meatballs & carrots:

- While the rice continues to cook, in a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot. Add the **meatballs** and cook, turning occasionally (carefully, as the oil may splatter), 3 to 4 minutes, or until lightly browned.
- Add the **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.



### 5 Finish & serve your dish:

- Add the **chopped bok choy** and **sauce** to the pan; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until the sauce is slightly thickened and the meatballs are glazed and cooked through. Turn off the heat.
- Serve the finished meatballs, vegetables, and sauce over the **cooked rice**. Enjoy!

