

9Y2

Approx.
Cook Time:
2 hrs



Nutrition Facts

Serving size 1 meal (346g)

1 Serving: 3 Beef Meatballs (64g),
Jasmine Rice 1/3 cup (56.5g),
Cauliflower 1 cup (113.5g), Sweet BBQ
Sauce 2 tbsp (34g), Gochujang 1/2 tsp
(7.5ml), Sesame Oil 1/2 tbsp (7.5ml),
Sesame Seeds 1/4 tsp (1.75g)

Amount per serving

Calories

650

% Daily Value*

Total Fat 30g	38%
Saturated Fat 10g	50%
Trans Fat 0g	0%
Cholesterol 95mg	32%
Sodium 760mg	33%
Total Carbohydrate 68g	25%
Dietary Fiber 4g	14%
Total Sugars 21g	0%
Includes 17g Added Sugars	34%

Protein 25g

Vit. D 0mcg 0% • Calcium 230mg 15%
Iron 4.6mg 25% • Potas. 460mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Due to the long sous vide cook time some temperature settings are below the FDA recommended temperatures. Please use caution when cooking below the FDA recommended temperatures.

BBQ Korean Meatballs

with Cauliflower & Jasmine Rice

Ingredients: Meatballs (Beef, Breading (Bleached Wheat Flour, Salt, Dextrose, Spices, Dehydrated Garlic, Dehydrated Onion, Yeast, Romano Cheese (Pasteurized Part Skim Cow's Milk, Cultures, Enzymes, Salt), Soybean Oil, Maltodextrin, Dehydrated Parsley, Paprika, Vinegar Solids, Modified Corn Starch, Unsalted Butter (Pasteurized Cream, Natural Flavor), Natural Flavor), Water, Romano Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Rennet), Marinara Sauce (Tomatoes, Blend Of Extra Virgin Olive Oil And Sunflower Oil, Salt, Onions, Sugar, Black Pepper, Basil, Oregano, Parsley, Naturally Derived Citric Acid), Minced Garlic (Garlic, Water, Less Than 1% Phosphoric Acid And Sodium Benzoate), Dried Whole Egg Solids, Spice), Raw Cauliflower, Jasmine Rice, Tomato Puree (Tomato Paste, Water), Brown Sugar, Sugar, Honey, Molasses, Distilled Vinegar, Water, Salt, Raisin Paste, Tamar Soy Sauce (Water, Soybeans, Salt, Sugar), Natural Flavor, Orange Juice Concentrate, Dried Onion, Paprika, Anchovy Paste (Anchovies, Salt, Water), Chili Pepper Powder, Garlic Powder, Natural Smoke Flavor, Celery Seed, Spice, Brown Mustard, Sesame Seeds, Hot Pepper Paste (Brown Sugar, Water, Wheat Flour, Red Pepper Powder, Soy Sauce, Salt, Onion Puree, Defatted Soybean Powder, Citric Acid, Koji), Brown Sugar, Spirit Vinegar, Water, Onion Puree, Cane Sugar, Gat, Soy Sauce (Defatted Soybean, Wheat, Salt, Koji Water), Cooking Rice Wine, Red Pepper Powder, Salt, Capsicum, Xanthan Gum., Sesame Oil (White Sesame Seeds)

ALLERGENS: Contains Milk, Egg, Wheat, Soy, Anchovy.

Collect the following:

	2 servings (pcs)	4 servings (pcs)
Beef Meatballs	2	4
Jasmine Rice	1	2
Cauliflower	1	2
Sweet BBQ Sauce	2	4
Gochujang	1	2
Sesame Seeds	1	2
Sesame Oil	1	2



Questions? Email help@suvie.com

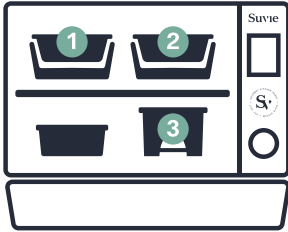
BBQ Korean Meatballs

with Cauliflower & Jasmine Rice

Hold this corner
to logo on Suvie



Collect from your pantry:
salt, pepper



1. Vegetables: Cauliflower

Open package & pour into Suvie pan. Place pan in **upper left** cooking zone.

2. Protein: Beef Meatballs

Don't cut open packages! Place in Suvie pan and fully cover with water. Place in **upper right** cooking zone.

3. Starch: Jasmine Rice

Pour into strainer. **Do not add water.** Place in bottom **right cooking zone** with FRONT facing outwards. **Don't forget to add salt!**

4. Sauce: Sweet BBQ Sauce, Gochujang

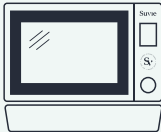
If using from frozen, thaw before use. Keep in fridge during the cook.

5. Garnishes: Sesame Seeds, Sesame Oil

Keep garnishes in fridge.

6. Scan this card

Hold **the corner of this card** to the logo on Suvie until scanned.



7. Set Suvie

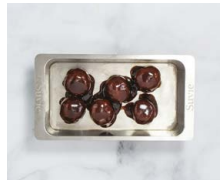
- **Don't forget to fill the reservoir** to the fill line indicated.
- Choose **Cook Now, Refrigerate, or Schedule** on the screen.
- You can also **customize** the cook times to your liking!
- Wait until cook is done before proceeding to the steps below.



8. Carefully remove pan (**it will be hot!**) with **meatballs** from Suvie. Remove meatballs from packaging & discard any liquid.



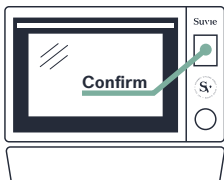
9. Place meatballs in pan & pat dry.



10. Combine **sweet BBQ sauce & gochujang sauce** in a small bowl. Glaze meatballs with sauce & return to Suvie.



11. Season **cauliflower with sesame oil and salt & pepper** to taste. Return cauliflower to Suvie.



12. Confirm broil times on Suvie screen. Close Suvie door & select "**Start Broil.**" Return pan to Suvie.



13. Remove starch pan from Suvie. Season **jasmine rice** to taste with salt & pepper.



14. Divide jasmine rice, cauliflower, & meatballs between plates. Garnish with **sesame seeds**. **Enjoy!**