

Chipotle Pork Meatballs & Cucumber Salsa

with Caramelised Onion Brown Rice & Yoghurt

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DIETITIAN APPROVED

Grab your Meal Kit with this symbol





Brown Rice

Cucumber



Baby Spinach

Leaves

Onion





Pork Mince

Radish



Fine Breadcrumbs

Mexican Fiesta Spice Blend





Zesty Chilli Salt



Mild Chipotle

Sauce

Greek-Style Yoghurt

Be

Prep in: 30-40 mins Ready in: 35-45 mins Meatballs and brown rice, what a bowl of fun! Roll the meatballs up with a chipotle sauce and cook them to perfection. The brown rice provides an extra burst of flavour to the meal and cooled down with a cucumber salsa, this dish is full of entertainment for your tastebuds.



Olive Oil, Egg, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
cucumber	1 (medium)	1 (large)
baby spinach leaves	1 small bag	1 medium bag
onion	1 (medium)	1 (large)
radish	2	3
pork mince	1 packet	1 packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
Mexican Fiesta spice blend 🥖	1 sachet	1 sachet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
zesty chilli salt	1 sachet	2 sachets
mild chipotle sauce	1 packet (40g)	2 packets (80g)
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

A Oh	Day Carry in a	Dev 100-
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2933kJ (701Cal)	592kJ (141Cal)
Protein (g)	40g	8.1g
Fat, total (g)	27.1g	5.5g
- saturated (g)	8.3g	1.7g
Carbohydrate (g)	75.1g	15.2g
- sugars (g)	11.6g	2.3g
Sodium (mg)	1019mg	206mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3224kJ (771Cal)	651kJ (156Cal)
Protein (g)	44.3g	8.9g
Fat, total (g)	31.6g	6.4g
- saturated (g)	11.2g	2.3g
Carbohydrate (g)	75.1g	15.2g
- sugars (g)	11.6g	2.3g
Sodium (mg)	984mg	199mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

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Cook the brown rice

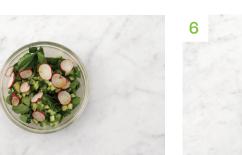
- · Half-fill a medium saucepan with water. Add brown rice and a generous pinch of salt.
- Bring to the boil, over high heat and cook, uncovered, until tender, 25-30 minutes.
- Drain rice and return to the saucepan.



Get prepped

- Meanwhile, finely chop **cucumber** and **baby** spinach leaves. Thinly slice onion and radish.
- SPICY! This spice blend is hot! Add less if you're sensitive to heat. In a medium bowl, combine pork mince, fine breadcrumbs, the egg, Mexican Fiesta spice blend and a pinch of salt.
- Using damp hands, roll heaped spoonfuls of pork mixture into small meatballs (4-5 per person). Transfer to a plate.

Custom Recipe: If you've swapped to beef mince, combine beef in the same way as the pork.



Make the salsa

• In a second medium bowl, combine radish, cucumber, baby spinach and a drizzle of white wine vinegar and olive oil. Season to taste.



Caramelise the onion

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook onion, stirring, until softened, 5-6 minutes.
- Reduce heat to medium. Add balsamic vinegar, the brown sugar and a splash of water and mix well. Cook until dark and sticky, 3-5 minutes.
- Transfer caramelised onion to the brown rice along with zesty chilli salt. Toss to combine. Season generously with salt and pepper.



Serve up

- Divide caramelised onion brown rice between bowls.
- Top with chipotle pork meatballs and cucumber salsa.
- Serve with Greek-style yoghurt. Enjoy!

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Cook the meatballs

- Wash and dry the frying pan, then return to medium-high heat with a generous drizzle of olive oil. Cook meatballs, turning, until browned and cooked through, 8-10 minutes (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add mild chipotle sauce and a splash of water, tossing meatballs to coat.

Custom Recipe: Cook beef meatballs in the same way as above.

