

Chipotle Pork Meatballs & Brown Rice

with Caramelised Onion, Cucumber Salsa & Yoghurt

EXPLORER

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Brown Rice



Cucumber



Baby Spinach Leaves



Onion



Radish



Pork Mince



Fine Breadcrumbs



Mexican Fiesta Spice Blend



Zesty Chilli Salt



Mild Chipotle Sauce



Greek-Style Yoghurt



Beef Mince

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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 large packet	2 large packets
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

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)	998mg	201mg

The quantities provided above are averages only.

*Custom Recipe is not Dietitian Approved

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!

Scan here if you have any questions or concerns

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1



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.

4



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.

2



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.

5



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.

3



Caramelize 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 the **balsamic vinegar**, **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**.

6



Serve up

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

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