



# 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

\*Custom Recipe is not Dietitian Approved

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
<b>olive oil*</b>	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
<b>egg*</b>	1	2
Mexican Fiesta spice blend	1 sachet	1 sachet
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
zesty chilli salt	1 sachet	2 sachets
mild chipotle sauce	1 large packet	2 large packets
<b>white wine vinegar*</b>	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)	2936kJ (702Cal)	593kJ (142Cal)
Protein (g)	40.1g	8.1g
Fat, total (g)	27.1g	5.5g
- saturated (g)	8.3g	1.7g
Carbohydrate (g)	75.2g	15.2g
- sugars (g)	11.6g	2.3g
Sodium (mg)	1024mg	207mg
Dietary Fibre (g)	6.7g	1.4g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3227kJ (771Cal)	652kJ (156Cal)
Protein (g)	44.3g	8.9g
Fat, total (g)	31.6g	6.4g
- saturated (g)	11.2g	2.3g
Carbohydrate (g)	75.2g	15.2g
- sugars (g)	11.6g	2.3g
Sodium (mg)	1003mg	203mg

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](https://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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## 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 pork mince for beef mince, make beef meatballs in the same way as above.

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## 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!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)