

Hoisin Pork Meatballs & Jasmine Rice

with Veggies & Peanuts

KID FRIENDLY



Recipe Update

We've replaced the baby broccoli in this recipe with green beans due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Grab your Meal Kit with this symbol



Jasmine Rice



Green Beans



Courgette



Pork Mince



Fine Breadcrumbs



Sweet Soy Seasoning



Ginger & Lemongrass Paste



Hoisin Sauce



Crushed Peanuts



Beef Mince

Prep in: 20-30 mins
Ready in: 25-35 mins

This meal is really quick – your greens will be ready in a flash and little hands can help form pork meatballs in record time. Really, for such a speedy effort you'll be delighted with how good this dinner tastes.

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

Pantry items

Olive Oil, Butter, Egg, Soy Sauce, Brown Sugar, Sesame Oil, Vinegar (White Wine or Rice Wine)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 with a lid · Two large frying pans

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
butter*	20g	40g
green beans	1 medium packet	1 large packet
courgette	1	2
pork mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
sweet soy seasoning	1 medium sachet	2 medium sachets
egg*	1	2
ginger & lemongrass paste	1 medium packet	1 large packet
hoisin sauce	1 medium packet	2 medium packets
soy sauce*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
sesame oil*	drizzle	drizzle
vinegar* (white wine or rice wine)	drizzle	drizzle
crushed peanuts	1 medium packet	2 medium packets
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3174kJ (759Cal)	586kJ (140Cal)
Protein (g)	41.6g	7.7g
Fat, total (g)	36.8g	6.8g
- saturated (g)	13.2g	2.4g
Carbohydrate (g)	62.4g	11.5g
- sugars (g)	23.3g	4.3g
Sodium (mg)	1786mg	330mg
Dietary Fibre (g)	9.3g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3465kJ (828Cal)	640kJ (152Cal)
Protein (g)	45.8g	8.5g
Fat, total (g)	41.3g	7.6g
- saturated (g)	16g	3g
Carbohydrate (g)	62.4g	11.5g
- sugars (g)	23.3g	4.3g
Sodium (mg)	1765mg	326mg
Dietary fibre	9.3g	1.7g

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.



Make the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain **rice**, rinse with warm water and return to the saucepan. Add the **butter**, stir to combine and cover to keep warm.
- While the rice is cooking, trim **green beans**. Slice **courgette** into half-moons.



Cook the veggies

- Meanwhile, heat a second large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **green beans** and **courgette** until tender, **4-5 minutes**.
- Remove pan from heat, then add a drizzle of **sesame oil** and **vinegar**. Season with **salt** and **pepper**.



Cook the meatballs

- In a large bowl, combine **pork mince**, **fine breadcrumbs**, **sweet soy seasoning** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Add **lemongrass & ginger paste** and cook until fragrant, **1 minute**.
- Remove the pan from heat, then add **hoisin sauce**, the **soy sauce**, **brown sugar** and a splash of **water**. Toss until **meatballs** are well coated.

Custom Recipe: If you've swapped to beef mince, follow step as above.



Serve up

- Divide jasmine rice and veggies between bowls. Top with hoisin pork meatballs and spoon over any remaining sauce.
- Garnish with **crushed peanuts** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the peanuts!

We're here to help!

Scan here if you have any questions or concerns

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