

Hoisin Pork Meatballs & Jasmine Rice

Grab your Meal Kit with this symbol





Pantry items

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

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.

with Veggies & Peanuts

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

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

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	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	
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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	9.3ø	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 meatballs

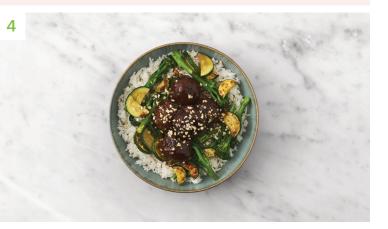
- In a large bowl, combine pork mince, fine breadcrumbs, sweet soy seasoning and the egg.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. 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.



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.



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 2024 | CW24

