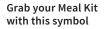


Quick Hoisin Pork Meatballs & Jasmine Rice

with Sesame Greens & Peanuts

KID FRIENDLY











Asian Greens



Fine Breadcrumbs



Chicken-Style Stock Powder



Ginger & Lemongrass Paste



Hoisin Sauce



Mixed Sesame





Pork Mince

Roasted Peanuts





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 meatballs in record time. Really, for such a speedy effort you'll be delighted with how good this dinner tastes.

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Two large frying pans

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
jasmine rice	1 packet	1 packet	
butter*	20g	40g	
baby broccoli	1 bag	1 bag	
Asian greens	1 bunch	2 bunches	
pork mince	1 packet	1 packet	
fine breadcrumbs	1 packet	1 packet	
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)	
egg*	1	2	
ginger & lemongrass paste	1 medium packet	1 large packet	
hoisin sauce	1 packet (75g)	2 packets (150g)	
soy sauce*	1 tsp	2 tsp	
brown sugar*	1 tsp	2 tsp	
mixed sesame seeds	1 sachet	1 sachet	
sesame oil*	drizzle	drizzle	
vinegar* (rice wine or white wine)	drizzle	drizzle	
roasted peanuts	1 packet	2 packets	
beef mince**	1 packet	1 packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4007kJ (958Cal)	752kJ (180Cal)
Protein (g)	46.9g	8.8g
Fat, total (g)	41.4g	7.8g
- saturated (g)	13.7g	2.6g
Carbohydrate (g)	96.7g	18.2g
- sugars (g)	16.2g	3g
Sodium (mg)	1606mg	302mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4298kJ (1027Cal)	807kJ (193Cal)
Protein (g)	51.1g	9.6g
Fat, total (g)	45.9g	8.6g
- saturated (g)	16.6g	3.1g
Carbohydrate (g)	96.7g	18.2g
- sugars (g)	16.2g	3g
Sodium (mg)	1571mg	295mg

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!

Scan here if you have any questions or concerns





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 rice is cooking, halve any thicker stalks of baby broccoli lengthways.
 Roughly chop Asian greens.



Cook the veggies

- Meanwhile, in a second large frying pan, heat a drizzle of olive oil over medium-high heat. Cook baby broccoli until tender, 3-4 minutes.
- Add mixed sesame seeds and Asian greens and cook until wilted,
 2-3 minutes. Remove from heat, add a drizzle of sesame oil and vinegar and season with salt and pepper.



Cook the meatballs

- In a large bowl, combine pork mince, fine breadcrumbs, chicken-style stock powder 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 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 from pork to beef mince, prep beef in the same way as above.



Serve up

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

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

Rate your recipe

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