

Enchilada-Glazed Meatballs

with Garlic-Spinach Rice & Charred Corn Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Sweetcorn



Enchilada Sauce



Fine Breadcrumbs



Louisiana Spice Blend



Tomato



Baby Spinach Leaves



Pork Mince



Sour Cream



Beef Mince

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **25-35 mins**
Ready in: **30-40 mins**

No other sauce is fit to do such the job that the enchilada sauce does — glazing pork meatballs so that they become irresistible. That's why it's the ruler of this dish. The sauce is mopped up by a spinach rice and charred corn salsa to add that much-loved smokey sweet flavour.

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

Pantry items

Olive Oil, Butter, Brown Sugar, Egg, White Wine Vinegar

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter* (for the rice)	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
sweetcorn	1 tin	1 tin
brown sugar*	1 tsp	2 tsp
enchilada sauce	½ packet (70g)	1 packet (140g)
pork mince	1 packet	1 packet
fine breadcrumbs	½ packet	1 packet
egg*	1	2
Louisiana spice blend	1 sachet	2 sachets
butter* (for the glaze)	10g	20g
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
sour cream	1 medium packet	1 large packet
beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3678kJ (879Cal)	787kJ (188Cal)
Protein (g)	40.1g	8.6g
Fat, total (g)	39.7g	8.5g
- saturated (g)	21.5g	4.6g
Carbohydrate (g)	88.5g	18.9g
- sugars (g)	16.9g	3.6g
Sodium (mg)	1590mg	340mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3969kJ (949Cal)	849kJ (203Cal)
Protein (g)	44.3g	9.5g
Fat, total (g)	44.2g	9.5g
- saturated (g)	24.4g	5.2g
Carbohydrate (g)	88.5g	18.9g
- sugars (g)	16.9g	3.6g
Sodium (mg)	1570mg	336mg

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

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1 Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter (for the rice)** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



4 Cook the meatballs

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **meatballs**, turning occasionally, until browned and cooked through, **8-10 minutes**.
- Remove the pan from heat, then add **enchilada sauce mixture** and **butter (for the glaze)**. Turn **meatballs** to coat, **30 seconds**.

Custom Recipe: Cook beef meatballs in the same way as above.



2 Get prepped

- Meanwhile, drain **sweetcorn**. Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl and set aside.
- In a small bowl, combine the **brown sugar**, **enchilada sauce** and a splash of **water**. Set aside.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

Little cooks: Take charge by combining the sauce ingredients!



5 Make the salsa

- Meanwhile, roughly chop **tomato** and **baby spinach leaves**.
- Add **tomato** and a drizzle of **white wine vinegar** and **olive oil** to the **charred corn**. Toss to combine and season to taste.



3 Make the meatballs

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat!
- In a large bowl, combine **pork mince**, **fine breadcrumbs** (see ingredients), the **egg**, **Louisiana spice blend** and remaining **garlic**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

Custom Recipe: If you've swapped to beef mince, combine beef mince in the same way as above.



6 Serve up

- Stir baby spinach through the rice.
- Divide garlic-spinach rice between bowls. Top with enchilada-glazed meatballs.
- Spoon over any remaining glaze from pan. Top with charred corn salsa and **sour cream** to serve. Enjoy!

Little cooks: Help stir the spinach through the rice!

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