

Moo Shu Pork Meatball Bowls

with Bok Choy and Cashews

Spicy

30 Minutes





250 g | 500 g







If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫





Ground Pork



250 g | 500 g





Pepper



Shanghai Bok Choy

2 | 4

1 | 2



Green Onion 1 | 2



Garlic, cloves 1 | 2



Breadcrumbs



Cashews,

chopped

1/4 cup | 1/2 cup



Sweet Chili Sauce 4 tbsp | 8 tbsp



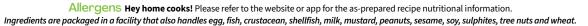
Sesame Oil 1 tbsp | 2 tbsp



Chicken Broth Concentrate 1 | 2



Moo Shu Spice Blend 1/2 tbsp | 1 tbsp



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add 1 cup (2 cups) water and broth concentrate to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse rice until water runs clear.
- Add rice to the boiling water, then reduce heat to medium-low.
- Cover and cook until rice is tender and liquid is absorbed, 12-14 min. (NOTE: Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.



Roast meatballs

Swap | Ground Beef

🔘 Swap | Plant-Based Ground Protein 🕽

- · Line a baking sheet with parchment paper.
- Add pork, panko, ½ tbsp (1 tbsp) Moo Shu Spice Blend and ¼ tsp (½ tsp) salt to a large bowl. (TIP: If you prefer a more tender meatball, add an egg to mixture.)
- Season with pepper, then combine.
- Roll mixture into 8 equal-sized meatballs (16 meatballs for 4 ppl).
- Arrange on the prepared baking sheet.
- Roast in the top of the oven, turning halfway, until cooked through, 12-14 min.**



Prep

- Meanwhile, separate **bok choy leaves**, then cut into 1-inch pieces. (TIP: Rinse bok choy leaves to wash away any hidden dirt.)
- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice green onion.
- Peel, then mince or grate garlic.



2 | Roast meatballs

2 | Roast meatballs

Swap | Ground Beef

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook

Measurements

within steps

the pork.*

Swap | Plant-Based Ground Protein

1 tbsp

2 person

4 person

oil

Ingredient

If you've opted to get plant-based ground **protein**, prepare, cook and plate it in the same way the recipe instructs you to prepare, cook and plate the pork. Disregard tip to add an egg to the mixture.



Cook veggies

- · Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, then **peppers**. Cook, stirring occasionally, until **peppers** begin to soften, 1 min.
- Add bok choy. Cook, stirring occasionally, until tender-crisp, 2-3 min. Season with **salt** and **pepper**.
- Transfer veggies to a plate, then cover to keep warm.



Make sauce

- Add sweet chili sauce, garlic and ¼ cup (½ cup) water to the same pan.
- Bring sauce to a simmer, then reduce heat to medium-low.
- Add meatballs and sesame oil.
- Cook, stirring often, until sauce thickens slightly and **meatballs** are coated, 1 min.



Finish and serve

- Fluff rice with a fork, then stir in green onions, half the cashews and 1 tbsp (2 tbsp) **butter**.
- Divide rice between bowls. Top with veggies and meatballs.
- Spoon any remaining sauce over top meatballs.
- Sprinkle with remaining cashews.