



Moo Shu Pork Meatball Bowls

with Bok Choy and Cashews

Spicy

30 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

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](https://www.hellofresh.ca)

Swap



Ground Beef
250 g | 500 g

Swap



Plant-Based
Ground Protein
250 g | 500 g



Ground Pork
250 g | 500 g



Jasmine Rice
3/4 cup | 1 1/2 cup



Sweet Bell
Pepper
1 | 2



Shanghai Bok
Choy
2 | 4



Green Onion
1 | 2



Garlic, cloves
1 | 2



Panko
Breadcrumbs
1/4 cup | 1/2 cup



Cashews,
chopped
56 g | 112 g



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

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, pepper, salt, unsalted butter

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring cups, medium pot, parchment paper, strainer

1



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.

4



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.

2



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. ******

5



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.

3



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**.

6



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**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

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 the **pork**.******

2 | Roast meatballs

🔄 Swap | **Plant-Based Ground Protein**

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 to a minimum internal temperature of 74°C/165°F.