

# Moo Shu Pork Meatball Bowls

with Bok Choy and Cashews

Spicy

30 Minutes



Turkey

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

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



Sweet Bell Pepper



1 | 2



Green Onion



Shanghai Bok

Choy

2 | 4

1 | 2





Breadcrumbs 1/4 cup | 1/2 cup



chopped 56 g | 112 g



Sweet Chili Sauce



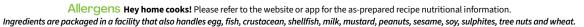
Sesame Oil 4 tbsp | 8 tbsp 1 tbsp | 2 tbsp



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 Turkey

#### 🔘 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

O Swap | Ground Turkey

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

Measurements

within steps

the pork.\*\*

#### O Swap | Plant-Based Ground Protein

1 tbsp

2 person

oil

Ingredient

If you've opted to get **plant-based ground protein**, prepare and cook it the same way the recipe instructs you to prepare and cook 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 meatballs.
- Sprinkle with remaining cashews.