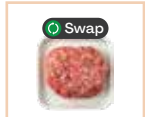




Carb Smart Wonton-Inspired Pork Meatballs

with Stir-Fried Veggies

Smart Meal 35 Minutes



Ground Beef
250 g | 500 g

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



- Ground Pork
250 g | 500 g
- Zucchini
1 | 2
- Mushrooms
113 g | 227 g
- Edamame
113 g | 226 g
- Green Onion
2 | 4
- Ginger-Garlic Puree
2 tbsp | 4 tbsp
- Hoisin Sauce
4 tbsp | 8 tbsp
- Garlic Salt
1 tsp | 2 tsp
- Chili-Garlic Sauce
1 tbsp | 2 tbsp
- Panko Breadcrumbs
1/3 cup | 1/3 cup
- Soy Sauce
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 | Salt, oil, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, parchment paper

1



Prep

- Before starting, preheat oven to 450°F.
- Wash and dry all produce.

- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Halve **mushrooms** (or quarter, if very large).
- Halve **green onions** crosswise, keeping white and green parts separate. Thinly slice **green onion greens**. Finely chop **green onion whites**.

2



Season and start mushrooms

- Add **mushrooms**, **half the garlic salt** and **½ tbsp** (1 tbsp) **oil** to a parchment-lined baking sheet. Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven for 10 min. (**NOTE:** Mushrooms will continue to roast in step 4.)

3



Form meatballs

Swap | **Ground Beef**

- Meanwhile, add **panko**, **soy sauce**, **green onion whites**, **half the ginger-garlic puree** and **¼ tsp** (½ tsp) **salt** to a large bowl.
- Crumble in **pork**. (**TIP:** If you prefer a more tender meatball, add an egg to mixture.) Season with **pepper**, then combine.
- Roll **mixture** into **10** (20) **equal-sized meatballs**.

4



Roast mushrooms and meatballs

- Remove baking sheet from the oven. Carefully toss **mushrooms**, then push to one side of the baking sheet.
- Arrange **meatballs** on the other side of sheet with **mushrooms**. (**NOTE:** For 4 ppl, arrange meatballs on another baking sheet.)
- Roast in the **middle** of the oven until **mushrooms** are golden-brown and **meatballs** are cooked through, 10-12 min.** (**NOTE:** For 4 ppl, roast meatballs in the top of the oven. Continue to roast mushrooms in the middle of the oven.)

5



Stir-fry veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **zucchini** and **edamame**. Season with **remaining garlic salt** and **pepper**. Cook, stirring often, until **zucchini** is tender, 5-6 min.
- Remove from heat. Transfer **veggies** to a plate, then cover to keep warm.
- When **meatballs** are done, combine **hoisin sauce**, **remaining ginger-garlic puree** and **2 tbsp** (4 tbsp) **water** in the same pan. Cook over medium, stirring occasionally, until warmed through, 1 min.
- Remove from heat. Add **meatballs**, then toss to coat.

6



Finish and serve

- Divide **veggies** between plates. Top with **mushrooms**, **meatballs** and **any remaining sauce** from the pan.
- Drizzle with **chili-garlic sauce**, if desired.
- Sprinkle **green onion greens** over top.

Measurements
within steps

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

3 | Form meatballs

Swap | **Ground Beef**

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

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