



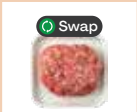
Cal Smart Honey-and-Sriracha-Glazed Meatballs

with Sesame Veggie Jumble

Smart Meal

Spicy

30 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
- Sriracha
2 tsp | 4 tsp
- Honey
2 | 4
- Broccoli
227 g | 454 g
- Garlic, cloves
2 | 4
- Sweet Bell Pepper
1 | 2
- Crispy Shallots
28 g | 56 g
- Sweet Potato
1 | 2
- Snow Peas
56 g | 113 g
- Sesame Seeds
9 g | 18 g
- Sesame Oil
1 tbsp | 2 tbsp
- Moo Shu Spice Blend
½ 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, salt, pepper

Cooking utensils | 2 Baking sheets, large bowl, large non-stick pan, measuring cups, measuring spoons, medium bowl, parchment paper, whisk

1



Roast sweet potatoes

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

- Cut **sweet potato** into ½-inch pieces.
- Add **sweet potatoes** and ½ **tbsp** (1 **tbsp**) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 16-18 min.

2



Make meatballs

Swap | Ground Beef

- Meanwhile, line another baking sheet with parchment paper.
- Peel, then mince or grate **garlic**.
- Add **pork**, **crispy shallots**, **half the garlic**, **half the Moo Shu Spice Blend** (use all for 4 ppl) and **half the sesame seeds** to a large bowl. Season with ¼ **tsp** (½ **tsp**) **salt** and ⅛ **tsp** (¼ **tsp**) **pepper**, then combine.

3



Roast meatballs

- Roll **mixture** into **8** (16) **equal-sized meatballs**.
- Arrange on the prepared baking sheet.
- Roast in the **bottom** of the oven until golden-brown and cooked through, 10-12 min.**

4



Prep

- Meanwhile, trim, then halve **snow peas**.
- Cut **broccoli** into bite-sized pieces.
- Core, then cut **pepper** into ¼-inch pieces.
- Add **honey** and **sriracha** to a large bowl. Whisk to combine, then set aside.
- Heat a large non-stick pan over medium-high heat. When hot, add **remaining sesame seeds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP**: Keep your eye on them so they don't burn!) Transfer to a plate.

5



Cook veggies

- Reduce heat to medium, then add **broccoli** and ¼ **cup** (½ **cup**) **water**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min. Season with **salt** and **pepper**, then transfer to a medium bowl.
- Add **sesame oil** to the same pan, then **peppers** and **snow peas**. Cook, stirring often, until tender-crisp, 3-4 min.
- Add **remaining garlic**. Cook, stirring constantly, until fragrant, 30 sec. Season with **salt** and **pepper**.
- Add **snow pea-pepper mixture** to the bowl with **broccoli**. Stir to combine.

6



Finish and serve

- Once **meatballs** are done cooking, toss in **sriracha-honey mixture**.
- Add **sweet potatoes** to the **veggies**. Toss to combine.
- Divide **veggies** and **glazed meatballs** between plates.
- Sprinkle with **toasted sesame seeds**.

Measurements
within steps

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

2 | Make 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.