



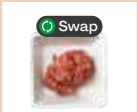
Carb Smart Wonton-Inspired Pork Meatballs

with Stir-Fried Veggies

Smart Meal

Spicy

35 Minutes



Ground Turkey
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://hellofresh.ca)



-  Ground Pork
250 g | 500 g
-  Zucchini
1 | 2
-  Sweet Bell Pepper
1 | 2
-  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.

1



Prep

- Before starting, preheat oven to 450°F.
- Wash and dry all produce.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Core, then cut **pepper** into 1-inch pieces.
- Halve **green onions** crosswise, keeping **white and green parts** separate. Thinly slice **green onion greens**. Finely chop **green onion whites**.

2



Season and start peppers

- Add **peppers**, **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 5 min.

3



Form meatballs

- Swap | **Ground Turkey**
- 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 equal-sized **meatballs** (20 meatballs for 4 ppl).

4



Roast peppers and meatballs

- When **peppers** have roasted for 10 min, remove the sheet from the oven. Push **peppers** to one side of the baking sheet.
- Arrange **meatballs** on the other side of the sheet. (**NOTE:** For 4 ppl, arrange meatballs on another parchment-lined baking sheet.)
- Roast in the **middle** of the oven until **peppers** are tender and **meatballs** are cooked through, 10-12 min.** (**NOTE:** For 4 ppl, roast meatballs in the top of the oven. Continue to roast peppers 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.

6



Finish and serve

- When **meatballs** are done, combine **hoisin sauce**, **remaining ginger-garlic puree** and 2 **tbsp** (4 tbsp) **water** in the same pan (from step 5). Cook over medium, stirring occasionally, until warmed through, 1 min.
- Remove from heat. Add **meatballs**, then toss to coat.
- Divide **veggies** between plates. Top with **peppers**, **meatballs** and **any remaining sauce** from the pan.
- Drizzle with **chili garlic sauce**, if desired. Sprinkle **green onion greens** over top.

3 | Form meatballs

Swap | **Ground Turkey**

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