



Carb Smart Wonton-Inspired Pork Meatballs

with Stir-Fried Veggies

Carb Smart

Optional Spice

35 Minutes



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Ground Pork



Zucchini



Mushrooms



Edamame



Green Onion



Ginger-Garlic Puree



Hoisin Sauce



Garlic Salt



Chili Garlic Sauce



Panko Breadcrumbs



Soy Sauce

HELLO GREEN ONION

Another common name for this allium is scallion!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Zucchini	200 g	400 g
Mushrooms	113 g	227 g
Edamame	113 g	226 g
Green Onion	2	4
Ginger-Garlic Puree	2 tbsp	4 tbsp
Hoisin Sauce	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Chili Garlic Sauce 🌶️	1 tbsp	2 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Soy Sauce	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.



Prep

- 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**.



Roast mushrooms and meatballs

- When **mushrooms** have roasted for 10 min, remove the baking sheet from the oven. Carefully toss **mushrooms**, then push to one side of the baking sheet.
- Arrange **meatballs** on the other side of the baking sheet with **mushrooms**. **(NOTE: For 4 ppl, arrange meatballs on another parchment-lined 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.)**



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.)**



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.



Form meatballs

- 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).



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 **mushrooms**, **meatballs** and **any remaining sauce** from the pan.
- Drizzle with **chili garlic sauce**, if desired.
- Sprinkle **remaining green onions** over top.



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Dinner Solved!