

# Carb Smart Wonton-Inspired Pork Meatballs

with Stir-Fried Veggies

Carb Smart

**Optional Spice** 

35 Minutes



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**Ground Pork** 





Mushrooms



Edamame





Green Onion







**Hoisin Sauce** 





Panko Breadcrumbs

Chili Garlic Sauce

Soy Sauce



## Start here

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

Measurements 1 tbsp (2 tbsp) within steps 2 person 4 person Ingra

#### **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	⅓ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Chili Garlic Sauce 🥒	1 tbsp	2 tbsp
Panko Breadcrumbs	1/4 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.



#### 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.)



#### 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).



### 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.)

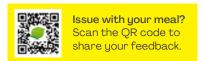


- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add zucchini and edamame.
  Season with remaining garlic salt and pepper. Cook, stirring often, until zucchini is tender, 5-6 min.
- Remove from heat. Transfer **veggies** to a plate, then cover to keep warm.



#### 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.



## **Dinner Solved!**