



# Meatballs in Retro Chili Sauce

## with Buttered Rice

Family Friendly

Spicy

25-35 Minutes

Custom Recipe

+ 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](https://www.hellofresh.ca)



 Swap	 Swap
Ground Turkey 250 g   500 g	Plant-Based Ground Protein 250 g   500 g
	
Ground Beef and Pork Mix 250 g   500 g	Panko Breadcrumbs ¼ cup   ½ cup
	
Chicken Stock Powder 1 tbsp   2 tbsp	Basmati Rice Powder ¾ cup   1 ½ cups
	
Worcestershire Sauce 1 tbsp   2 tbsp	Soy Sauce 1 tbsp   2 tbsp
	
Tomato Sauce Base 4 tbsp   8 tbsp	Balsamic Glaze 2 tbsp   4 tbsp
 Sweet Chili Sauce	 Baby Spinach
2 tbsp   4 tbsp	56 g   113 g
	
Tomato 1   2	

**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, pepper, oil, unsalted butter

Cooking utensils | Medium bowl, measuring spoons, medium pot, large bowl, measuring cups, whisk, large non-stick pan

1



## Cook rice

- Before starting, wash and dry all produce.

- Stir together **rice**, **1 ¼ cups** (2 ½ cups) **water** and **2 tsp** (4 tsp) **stock powder** in a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



## Cook meatballs

Swap | Ground Turkey

Swap | Ground Protein

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, add **beef and pork mix**, **panko**, **half the Worcestershire sauce**, **half the soy sauce** and **remaining stock powder** to a large bowl.
- Season with **¼ tsp** (¼ tsp) **salt** and **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).
- When the pan is hot, add **1 tbsp** (1 ½ tbsp) **oil**, then **meatballs**. Cook, turning occasionally, until browned all over and cooked through, 12-14 min.\*\*

4



## Make sauce mixture

- Add **sweet chili sauce**, **tomato sauce base**, **remaining soy sauce**, **remaining Worcestershire sauce**, **remaining balsamic glaze** and **2 tbsp** (4 tbsp) **water** to a medium bowl.
- Season with **pepper**, then stir to combine.

5



## Sauce meatballs

- When **meatballs** are done, carefully drain and discard excess fat from the pan.
- Add **sauce mixture**. Simmer, gently stirring occasionally, until **sauce** thickens slightly and coats **meatballs**, 2-3 min.
- Season with **salt** and **pepper**.

3



## Prep and make balsamic vinaigrette

- Meanwhile, cut **tomato** into ½-inch pieces.
- Add **half the balsamic glaze** and **1 tbsp** (2 tbsp) **oil** to another large bowl. Season with **salt** and **pepper**, then whisk to combine.

6



## Finish and serve

- Add **tomatoes** and **spinach** to the bowl with **balsamic vinaigrette**, then toss to coat.
- Add **1 tbsp** (2 tbsp) **butter** to the pot with **rice**. Fluff with a fork until **butter** melts.
- Divide **buttered rice** and **salad** between plates.
- Top **rice** with **meatballs**. Spoon **any remaining sauce** from the pan over **meatballs**.

Measurements within steps

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

2 | Cook meatballs

Swap | Ground Turkey

If you've opted to get **turkey**, prepare, cook and plate it in the same way as the **beef and pork mix**\*\*

2 | Cook meatballs

Swap | Ground Protein

If you've opted to get **plant-based protein**, prepare, cook and plate it the same way as the **beef and pork mix**\*\*

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



Issue with your meal? Scan the QR code to share your feedback.