HELLO FRESH

Moo Shu Pork Meatball Bowls
with Bok Choy and Cashews

Spicy | 30 Minutes

↻ Swap	↻ Swap
Ground Beef	Plant-Based Ground Protein
250 g | 500 g	**250 g | 500 g**

Ground Pork	Jasmine Rice
250 g | 500 g	**¾ cup | 1 ½ cups**
Sweet Bell Pepper	Shanghai Bok Choy
1 | 2	**2 | 4**
Green Onion	Garlic, cloves
1 | 2	**1 | 2**
Panko Breadcrumbs	Cashews
¼ cup | ½ cup	**56 g | 113 g**
Sweet Chili Sauce	Sesame Oil
4 tbsp | 8 tbsp	**1 tbsp | 2 tbsp**
Chicken Broth Concentrate	Moo Shu Spice Blend
1 | 2	**½ tbsp | 1 tbsp**

Ingredient quantities | 56 g / 2 person | 113 g / 4 person

Contact Call us **(855) 272-7002** | Visit us **HelloFresh.ca** | Follow us **@HelloFreshCA** 📘📷🎵

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Baking sheet, measuring spoons, strainer, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan

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

1 | Cook rice

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

- Add **1 cup** (2 cups) **water** and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the boiling water, then reduce heat to medium-low.
- Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

2 | Roast meatballs

🔄 Swap | Ground Beef

🔄 Swap | Plant-Based Ground Protein

- Line a baking sheet with parchment paper.
- Add **pork**, **panko**, **½ tbsp** (1 tbsp) **Moo Shu Spice Blend** and **¼ tsp** (½ tsp) **salt** to a large bowl. (**TIP:** If you prefer a more tender meatball, add an egg to mixture!)
- Season with **pepper**, then combine.
- Roll **mixture** into 8 equal-sized meatballs (16 meatballs for 4 ppl).
- Arrange on the prepared baking sheet.
- Roast in the **top** of the oven, turning halfway, until cooked through, 12-14 min.**

3 | Prep

- Meanwhile, separate **bok choy leaves**, then cut into 1-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt!)
- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onion**.
- Peel, then mince or grate **garlic**.

4 | Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers**. Cook, stirring occasionally, until **peppers** begin to soften, 1 min.
- Add **bok choy**. Cook, stirring occasionally, until tender-crisp, 2-3 min. Season with **salt** and **pepper**.
- Transfer **veggies** to a plate, then cover to keep warm.

5 | Make sauce

- Add **sweet chili sauce**, **garlic** and **¼ cup** (½ cup) **water** to the same pan.
- Bring **sauce** to a simmer, then reduce heat to medium-low.
- Add **meatballs** and **sesame oil**.
- Cook, stirring often, until **sauce** thickens slightly and **meatballs** are coated, 1 min.

6 | Finish and serve

- Fluff **rice** with a fork, then stir in **green onions**, **half the cashews** and **1 tbsp** (2 tbsp) **butter**.
- Divide **rice** between bowls. Top with **veggies** and **meatballs**.
- Spoon **any remaining sauce** over **meatballs**.
- Sprinkle with **remaining cashews**.

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

2 | Roast beef meatballs

🔄 Swap | Ground Beef

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

2 | Roast plant-based ground protein meatballs

🔄 Swap | Plant-Based Ground Protein

If you've opted to get **plant-based ground protein**, prepare, cook and plate it the same way the recipe instructs you to prepare, cook and plate the **pork**.** Disregard tip to add an egg to the mixture.