

Moo Shu Pork Meatball Bowls

with Bok Choy and Cashews

Spicy

30 Minutes





Customized Protein Add Swap





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 🦫



Ground Protein 250 g | 500 g



Ground Pork



250 g | 500 g



Pepper



Shanghai Bok

Choy

2 | 4

1 | 2





Green Onion 1 | 2





Breadcrumbs 1/4 cup | 1/2 cup



Cashews 56 g | 113 g



Sweet Chili Sauce 4 tbsp | 8 tbsp



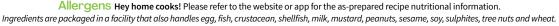
Sesame Oil 1 tbsp | 2 tbsp



Chicken Broth Concentrate 1 2



Moo Shu Spice Blend 1/2 tbsp | 1 tbsp



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



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.



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.



Roast meatballs

O 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.**



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.



Make sauce

5

- 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.

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.



Measurements

within steps

Swap | Ground Beef

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

1 tbsp

(2 tbsp)

oil

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.

