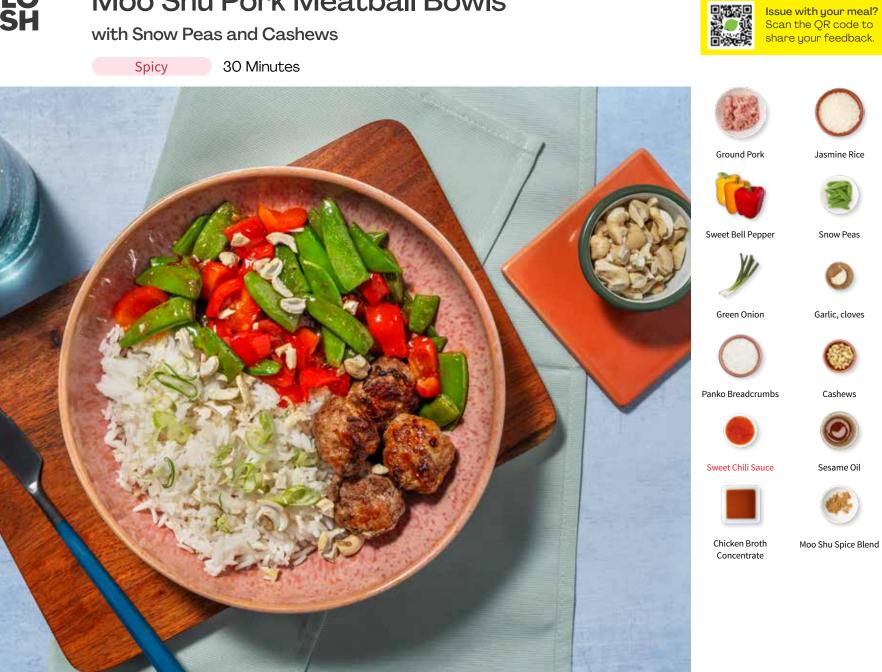


# Moo Shu Pork Meatball Bowls

with Snow Peas and Cashews



HELLO MOO SHU SPICE BLEND This zesty blend will punch up the flavour of meatballs!

# Start here

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

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

### **Bust out**

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

# Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
Snow Peas	56 g	113 g
Green Onion	1	2
Garlic, cloves	1	2
Panko Breadcrumbs	¼ cup	½ cup
Cashews	28 g	56 g
Sweet Chili Sauce 🥑	4 tbsp	8 tbsp
Sesame Oil	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Moo Shu Spice Blend	½ tbsp	1 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Calt and Dama aut		

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.



 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 mediumhigh heat.
- When hot, add 1/2 tbsp (1 tbsp) oil, then snow peas and peppers. Cook, stirring occasionally, until veggies are tender-crisp, 3-4 min. Season with salt and pepper.
- Transfer **veggies** to a plate, then cover to keep warm.



#### **Roast meatballs**

- Line a baking sheet with parchment paper.
- Add pork, panko, ½ tbsp (1 tbsp)

Moo Shu Spice Blend and 1/4 tsp (1/2 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 pork mixture into 8 equal-sized meatballs (16 meatballs for 4 ppl).

 Arrange meatballs on the prepared baking sheet. Roast in the **top** of the oven, turning halfway through, until cooked through, 12-14 min.\*\*



#### Make sauce

- Add sweet chili sauce, garlic and  $\frac{1}{4}$  cup ( $\frac{1}{2}$  cup) water to the same pan. Bring sauce to a simmer, then reduce to medium-low.
- Add meatballs and sesame oil. Cook, stirring often, until **sauce** thickens slightly and **meatballs** are coated, 1 min.



## • Meanwhile, trim and halve snow peas.

- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice green onions.
- Peel, mince or grate garlic.



#### **Finish and serve**

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





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