



Moo Shu Pork Meatball Bowls

with Snow Peas and Cashews

Spicy

30 Minutes

Customized Protein

+ 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)



Ground Beef
250 g | 500 g



Plant-Based
Ground Protein
250 g | 500 g



Ground Pork
250 g | 500 g



Jasmine Rice
¾ cup | 1 ½ cups



Sweet Bell
Pepper
1 | 2



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

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 | Unsalted butter, oil, salt, pepper

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

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.

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 **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.

2



Roast meatballs

Swap | **Ground Beef**

Swap | **Plant-Based 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.**

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.

3



Prep

- Meanwhile, trim and halve **snow peas**.
- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onion**.
- Peel, then mince or grate **garlic**.

6



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**.

Measurements
within steps

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

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 meatballs

Swap | **Plant-Based 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****.

** Cook pork, beef and plant-based protein to a minimum internal temperature of 74°C/165°F.



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