



Sesame Sweet and Sour Chicken Meatballs

with Buttery Rice

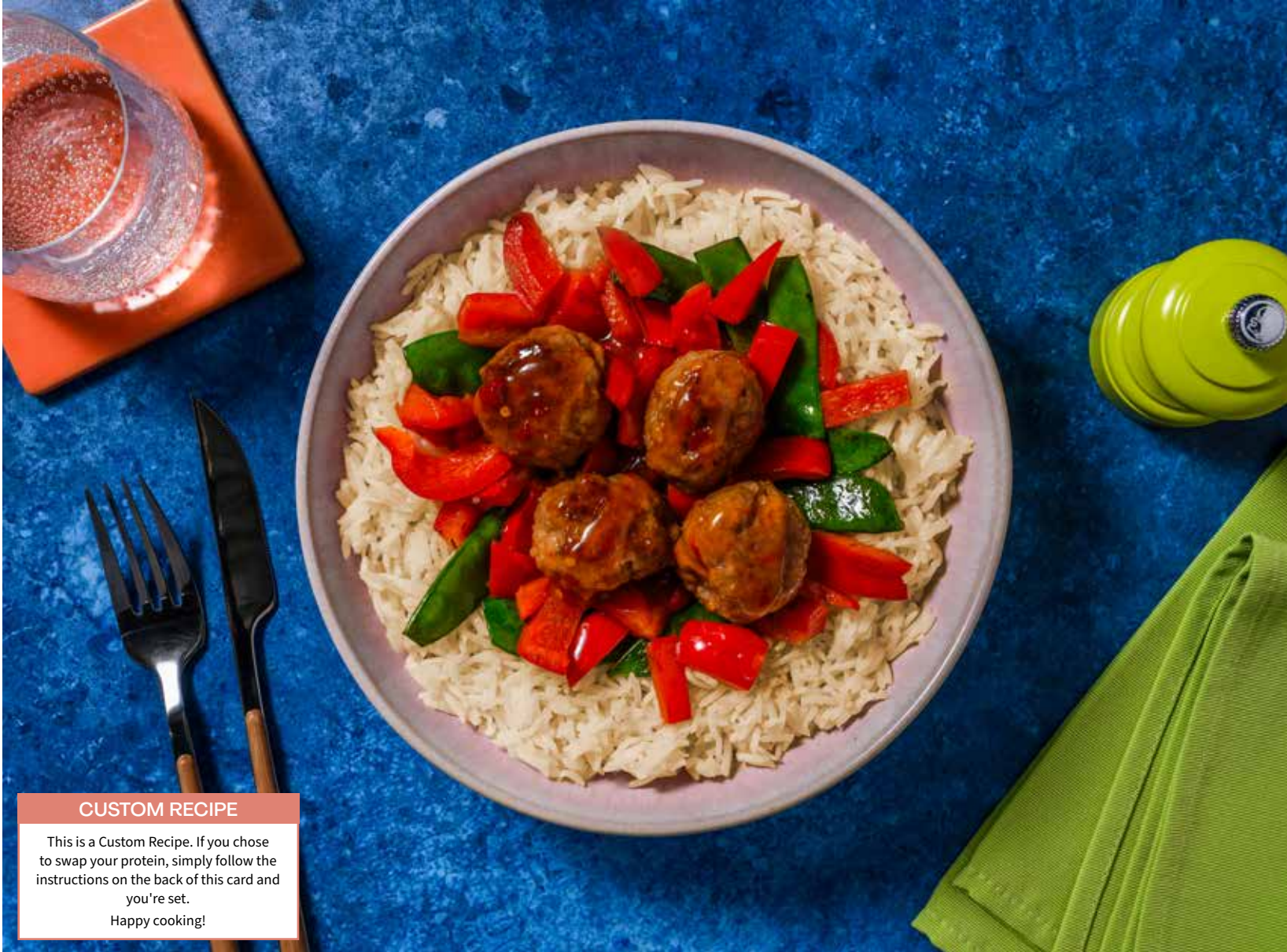
Family Friendly

Quick

25 Minutes



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Ground Chicken



Ground Beef



Panko Breadcrumbs



Soy Sauce



Sweet and Sour
Sauce



Sweet Bell Pepper



Snow Peas



Basmati Rice



Sesame Oil



Chicken Stock
Powder

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO SNOW PEAS

Cousins to the sugar snap pea, snow peas are flatter and less sweet than their rounder counterpart!

Start here

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

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

Bust out

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

Ingredients

	2 Person	4 Person
Ground Chicken ♦	250 g	500 g
Ground Beef	250 g	500 g
Panko Breadcrumbs	¼ cup	½ cup
Soy Sauce	1 tbsp	2 tbsp
Sweet and Sour Sauce	½ cup	1 cup
Sweet Bell Pepper	1	2
Snow Peas	56 g	113 g
Basmati Rice	¾ cup	1 ½ cups
Sesame Oil	1 tbsp	2 tbsp
Chicken Stock Powder	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook chicken and beef to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.



Cook rice

- Add **rice**, **half the stock powder**, **1 ¼ cups** (2 ½ cups) **water** and **⅛ tsp** (¼ tsp) **salt** to 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.



Cook veggies

- When hot, add **½ tbsp** (1 tbsp) **oil** to the pan, then **peppers** and **snow peas**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.
- Drizzle **remaining soy sauce** over pan, then season with **pepper**, to taste.
- Remove from heat.



Make meatballs

- Meanwhile, add **chicken**, **panko**, **half the soy sauce**, **half the sesame oil**, **remaining stock powder** and **¼ tsp** (½ tsp) **salt** to a medium bowl. Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).
- Transfer to a parchment-lined baking sheet. Bake in the **top** of the oven until cooked through, 10-12 min.**

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



Sauce meatballs and finish rice

- When done, transfer **meatballs** to the bowl with **sauce**. Gently toss **meatballs** to coat.
- Add **1 tbsp** (2 tbsp) **butter** to the pot with **rice**, then fluff with a fork until **butter** melts.



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Trim **snow peas**.
- Heat a large non-stick pan over medium-high heat.
- While the pan heats, combine **sweet and sour sauce** and **remaining sesame oil** in a large bowl. Season with a **salt** and **pepper**, to taste.



Finish and serve

- Divide **buttery rice** between plates.
- Top **rice** with **veggies**, then **meatballs**. Spoon **sauce** from the bowl over top.

Dinner Solved!



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