

# HELLO Meatballs in Retro Chili Sauce

with Buttered Rice

Family Friendly

Spicy

25-35 Minutes







Turkey **Ground Protein** 250 g | 500 g 250 g | 500 g



Ground Beef and Pork Mix 250 g | 500 g



Breadcrumbs 1/4 cup | 1/2 cup



Chicken Stock



1 tbsp | 2 tbsp



3/4 cup | 1 ½ cups

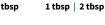


Worcestershire Sauce



1 tbsp | 2 tbsp

Soy Sauce





**Tomato Sauce** Base



4 tbsp | 8 tbsp

2 tbsp | 4 tbsp



Sweet Chili Sauce 2 tbsp | 4 tbsp



**Baby Spinach** 56 g | 113 g



1 | 2









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 🎥



Allengens 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. Cooking utensils | Medium bowl, measuring spoons, medium pot, large bowl, measuring cups, whisk, large non-stick pan



## Cook rice

- Before starting, wash and dry all produce.
- Stir together rice, 1 1/4 cups (2 1/2 cups) water and 2 tsp (4 tsp) stock powder in 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.



# Swap | Ground Turkey

#### O Swap | Ground Protein

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, add beef and pork mix, panko, half the Worcestershire sauce, half the soy sauce and remaining stock powder to a large bowl.
- Season with ½ tsp (¼ tsp) salt and pepper, then combine.
- Roll mixture into 8 equal-sized meatballs (16 meatballs for 4 ppl).
- When the pan is hot, add 1 tbsp (1 ½ tbsp) oil, then meatballs. Cook, turning occasionally, until browned all over and cooked through, 12-14 min.\*\*



# Prep and make balsamic vinaigrette

- Meanwhile, cut **tomato** into ½-inch pieces.
- Add half the balsamic glaze and 1 tbsp (2 tbsp) **oil** to another large bowl. Season with **salt** and **pepper**, then whisk to combine.



### 2 | Cook meatballs

2 Cook meatballs

O Swap | Ground Turkey

If you've opted to get **turkey**, prepare, cook and plate it in the same way as the beef and

Measurements

within steps

pork mix.\*\*

# O Swap | Ground Protein

If you've opted to get plant-based protein, prepare, cook and plate it the same way as the beef and pork mix.\*\*

1 tbsp

(2 tbsp)

oil



#### Make sauce mixture

- Add sweet chili sauce, tomato sauce base, remaining soy sauce, remaining Worcestershire sauce, remaining balsamic glaze and 2 tbsp (4 tbsp) water to a medium bowl.
- Season with pepper, then stir to combine.



#### Sauce meatballs

- When meatballs are done, carefully drain and discard excess fat from the pan.
- Add sauce mixture. Simmer, gently stirring occasionally, until sauce thickens slightly and coats meatballs, 2-3 min.
- Season with salt and pepper.



#### Finish and serve

- Add tomatoes and spinach to the bowl with **balsamic vinaigrette**, then toss to coat.
- Add **1 tbsp** (2 tbsp) **butter** to the pot with rice. Fluff with a fork until butter melts.
- Divide buttered rice and salad between plates.
- Top rice with meatballs. Spoon any remaining sauce from the pan over meatballs.



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