



Carb Smart Pork 'Wonton' Meatballs with Stir-Fried Veggies

Carb Smart

Optional Spice

35 Minutes



Ground Pork



Broccoli, florets



Mushrooms



Sugar Snap Peas



Green Onion



Ginger



Hoisin Sauce



Garlic Puree



Chili Garlic Sauce



Panko Breadcrumbs



Soy Sauce

HELLO GREEN ONION

Another common name for this allium is scallion!

Start here

Before starting, wash and dry all produce.

Bust out

Medium non-stick pan, measuring spoons, large bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Broccoli, florets	227 g	454 g
Mushrooms	113 g	227 g
Sugar Snap Peas	113 g	227 g
Green Onion	2	4
Ginger	15 g	30 g
Hoisin Sauce	¼ cup	½ cup
Garlic Puree	1 tbsp	2 tbsp
Chili Garlic Sauce 🌶️	1 tbsp	2 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Soy Sauce	½ tbsp	1 tbsp
Oil*		
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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



1 Prep

Trim **snap peas**. Cut **broccoli** into bite-sized pieces. Thinly slice **mushrooms**. Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl). Thinly slice **green onions**, keeping white and green parts separate.



4 Cook mushrooms

While **meatballs** cook, heat a large non-stick pan over medium-high heat. When hot, add **broccoli** and **2 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring often, until golden-brown, 5-6 min. Season with **salt** and **pepper**, then transfer to a plate.



2 Form meatballs

Add **panko**, **soy sauce**, **garlic puree**, **green onion whites** and **half the ginger** to a large bowl. Crumble **pork** into the bowl. Season with **pepper**, then combine. Roll **mixture** into **12 equal-sized meatballs** (24 for 4 ppl).



5 Stir-fry veggies

Reheat the same pan over medium. Add **broccoli** and **2 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring often, until beginning to soften, 2-3 min. Add **mushrooms**, **snap peas** and **remaining ginger**. Cook, stirring often, until **ginger** is fragrant and **veggies** are tender-crisp, 2-3 min.



3 Cook meatballs

Heat a medium non-stick pan over medium heat (use a large non-stick pan for 4 ppl). When hot, add **½ tbsp oil** (dbl for 4 ppl), then **meatballs**. Cook, turning **meatballs** often, until browned all over and cooked through, 8-12 min.** (**NOTE**: If meatballs are browning too quickly, reduce heat to medium-low.) Remove the pan from heat, then add **hoisin sauce** and **2 tbsp water** (dbl for 4 ppl). Toss to coat **meatballs**.



6 Finish and serve

Divide **veggies** between plates. Top with **meatballs** and **any sauce** from the pan. Drizzle with **chili garlic sauce**, if desired. Sprinkle **remaining green onions** over top.

Dinner Solved!