



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



Moo Shu Spice Blend



Chili Garlic Sauce



Panko Breadcrumbs



Soy Sauce

HELLO GREEN ONION

Another common name for this allium is scallion!

Start here

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

Bust out

Baking sheet, measuring spoons, large bowl, parchment paper, 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
Moo Shu Spice Blend	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.
- Halve **mushrooms** (quarter if very large).
- Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl).
- Halve **green onions** crosswise, keeping white and green parts separate. Thinly slice **green onion greens**. Finely chop **green onion whites**.



4 Roast mushrooms and meatballs

- When **mushrooms** have roasted for 10 min, remove the baking sheet from the oven. Carefully toss **mushrooms**, then push to one side of the baking sheet.
- Arrange **meatballs** on the other side of the baking sheet with **mushrooms**. (NOTE: For 4 ppl, arrange meatballs on another parchment-lined baking sheet.)
- Roast in the **middle** of the oven until **mushrooms** are golden-brown and **meatballs** are cooked through, 10-12 min.** (NOTE: For 4 ppl, roast meatballs in the top of the oven. Continue to roast mushrooms in the middle of the oven.)



2 Season and start mushrooms

- Add **mushrooms**, **half the Moo Shu Spice Blend** and **½ tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven for 10 min. (NOTE: Mushrooms will continue to roast in step 4.)



5 Stir-fry veggies

- Meanwhile, 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 beginning to soften, 2-3 min.
- Add **½ tbsp oil** (dbl for 4 ppl), then **snap peas** and **remaining ginger**. Cook, stirring often, until **ginger** is fragrant and **veggies** are tender-crisp, 2-3 min.
- Remove the pan from heat.
- Transfer **veggies** to a plate, then cover to keep warm.



3 Form meatballs

- Meanwhile, add **panko**, **soy sauce**, **green onion whites**, **remaining Moo Shu Spice Blend**, **half the ginger** and **¼ tsp salt** (dbl for 4 ppl) to a large bowl.
- Crumble in **pork**. (TIP: If you prefer a more tender meatball, add an egg to the mixture!) Season with **pepper**, then combine.
- Roll **mixture** into **10 equal-sized meatballs** (20 for 4 ppl).



6 Finish and serve

- When **meatballs** are done, combine **hoisin sauce** and **2 tbsp water** (dbl for 4 ppl) in the same pan (from step 5). Cook over medium, stirring occasionally, until warmed through, 1 min.
- Remove from heat. Add **meatballs**, then toss to coat.
- Divide **veggies** between plates. Top with **mushrooms**, **meatballs** and **any remaining sauce** from the pan.
- Drizzle with **chili garlic sauce**, if desired.
- Sprinkle **remaining green onions** over top.

Dinner Solved!