



# Chicken Meatballs in Apricot Sauce

with Peppers and Garlic-Butter Rice

Family Friendly 30 Minutes



Ground Chicken



Panko Breadcrumbs



Soy Sauce



Apricot Spread



Rice Vinegar



Cornstarch



Sweet Bell Pepper



Zucchini



Basmati Rice



Garlic Powder



White Cooking Wine

HELLO APRICOT SPREAD

Tart, sweet and perfect for sauces and dressings!

## Start here

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

## Bust out

Baking sheet, 2 medium bowls, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Chicken *	250 g	500 g
Panko Breadcrumbs	¼ cup	½ cup
Soy Sauce	1 tbsp	2 tbsp
Apricot Spread	4 tbsp	8 tbsp
Rice Vinegar	1 tbsp	2 tbsp
Cornstarch	½ tbsp	1 tbsp
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Basmati Rice	¾ cup	1 ½ cups
Garlic Powder	2 tsp	4 tsp
White Cooking Wine	4 tbsp	8 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook 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.*

## Contact

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### Cook rice

- Add **rice**, **half the garlic powder**, **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) 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 the pot from heat. Set aside, still covered.



### Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers** and **zucchini**. Cook, stirring occasionally, until softened slightly, 3-4 min. Season with **salt** and **pepper**.
- While **veggies** cook, combine **apricot spread**, **vinegar**, **remaining soy sauce**, **remaining garlic powder**, **half the cornstarch** (all for 4 ppl) and **¼ cup water** (dbl for 4 ppl) in another medium bowl.



### Make meatballs

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



### Mix veggies and meatballs with sauce

- Add **cooking wine** to the pan with **veggies**. Cook, stirring occasionally, until reduced slightly, 30 sec.
- Add **sauce mixture**. Bring to a simmer, stirring constantly, until **sauce** thickens slightly, 1 min.
- Add **meatballs**. Gently stir until **meatballs** are coated. Season with **salt** and **pepper**, to taste.
- Remove the pan from heat.



### Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ¼-inch-thick half-moons.



### Finish and serve

- Add **2 tbsp butter** (dbl for 4 ppl) to the pot with **garlic rice**, then fluff with a fork until melted.
- Divide **garlic-butter rice** between plates.
- Top **rice** with **veggies and meatballs**.

## Dinner Solved!