



# Hakka-Style Meatballs

with Peppers, Rice and Peas

Quick

Spicy

25 Minutes



Ground Beef



Panko Breadcrumbs



Soy Sauce



Chili Garlic Sauce



Ginger



Green Bell Pepper



Yellow Onion



Basmati Rice



Green Peas



Green Onions



Moroccan Spice Blend



Sweet Chili Sauce

HELLO HAKKA CUISINE

*A fusion of Indian- and Chinese- influenced flavours!*

## Start here

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Panko Breadcrumbs	¼ cup	½ cup
Soy Sauce	2 tbsp	4 tbsp
<b>Chili Garlic Sauce</b> 🍷	2 tbsp	4 tbsp
Ginger	15 g	30 g
Green Bell Pepper	200 g	400 g
Yellow Onion	113 g	226 g
Basmati Rice	¾ cup	1 ½ cups
Green Peas	56 g	113 g
Green Onions	1	2
Moroccan Spice Blend	1 tbsp	2 tbsp
<b>Sweet Chili Sauce</b> 🍷	4 tbsp	8 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.*

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## Cook rice and peas

Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Add **peas** halfway through cooking. When **rice** is done, remove the pot from heat. Set aside, still covered.



## Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **peppers**. Cook, stirring occasionally, until slightly softened, 2-3 min. Add **remaining ginger** and **remaining Moroccan Spice Blend**. Cook, stirring constantly, until fragrant, 30 sec.



## Bake meatballs

While **rice** cooks, peel, then mince or grate **half the ginger** (use all for 4 ppl). Combine **beef, panko, half the ginger, ½ tbsp soy sauce, 1 tsp Moroccan Spice Blend** (dbl both for 4 ppl) in a large bowl. Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Arrange **meatballs** on a parchment-lined baking sheet. Bake in the **middle** of the oven until golden-brown and cooked through, 8-10 min.\*\*



## Finish meatballs

Add **meatballs**, then **stir-fry sauce** to the pan with **veggies**. Cook, stirring gently, until **sauce** slightly thickens and coats **meatballs**, 1 min. Season with **salt** and **pepper**, to taste.



## Prep

While **meatballs** bake, peel, then cut **onion** into ½-inch pieces. Core, then cut **pepper** into ½-inch pieces. Thinly slice **green onions**. Stir together **chili garlic sauce, sweet chili sauce, remaining soy sauce** and **¼ cup water** (dbl for 4 ppl) in a small bowl. (**NOTE:** This is your stir-fry sauce.)



## Finish and serve

Add **half the green onions** to **rice**, then fluff with a fork. Divide **rice** between plates, then top with **meatballs, veggies** and any **sauce** in the pan. Sprinkle **remaining green onions** over top.

## Dinner Solved!