



Meatballs in Retro Chili Sauce

with Roasted Veggies and Buttered Rice

Family Friendly

Spicy

Quick

25 Minutes



Ground Beef and Pork Mix



Panko Breadcrumbs



Garlic Powder



Basmati Rice



Worcestershire Sauce



Dijon Mustard



Tomato Sauce Base



Balsamic Glaze



Sweet Chili Sauce



Sweet Bell Pepper



Zucchini

HELLO BALSAMIC GLAZE

Both sweet and tart, this flavour maker works in a variety of dishes!

Start here

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

Bust out

2 Baking sheets, measuring spoons, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef and Pork Mix	250 g	500 g
Panko Breadcrumbs	¼ cup	½ cup
Garlic Powder	1 tsp	2 tsp
Basmati Rice	¾ cup	1 ½ cups
Worcestershire Sauce	1 tbsp	2 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Tomato Sauce Base	4 tbsp	8 tbsp
Balsamic Glaze	1 tbsp	2 tbsp
Sweet Chili Sauce 🌶️	2 tbsp	4 tbsp
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Unsalted Butter*	2 tbsp	4 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

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Cook rice

- Add **rice**, **1 ¼ cups water**, **¼ tsp salt** (dbl both for 4 ppl) and **half the garlic powder** 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.



Roast veggies

- Meanwhile, add **zucchini**, **peppers** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, stirring halfway through, until **veggies** are tender, 12-14 min.



Prep

- Meanwhile, cut **zucchini** into ¼-inch rounds.
- Core, then cut **pepper** into ½-inch pieces.



Make retro chili sauce and glaze meatballs

- When **meatballs** are almost done, add **sweet chili sauce**, **tomato sauce base**, **half the balsamic glaze** (use all for 4 ppl), **2 tbsp water** (dbl for 4 ppl), **remaining Dijon** and **remaining Worcestershire sauce** to a large non-stick pan. Season with **pepper**.
- Bring to a simmer over medium-high heat, stirring often to combine.
- When **sauce** is simmering, add **meatballs** to the pan. Gently stir to coat.



Form and bake meatballs

- Prepare a parchment-lined baking sheet.
- Add **beef and pork mix**, **panko**, **half the Worcestershire sauce**, **half the Dijon**, **remaining garlic powder** and **¼ tsp salt** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Transfer **meatballs** to the prepared baking sheet. Bake in the **top** of the oven until golden-brown and cooked through, 10-12 min.**



Finish and serve

- Add **2 tbsp butter** to the pot with **rice**. Fluff with a fork until **butter** melts.
- Divide **rice** and **veggies** between plates.
- Top **rice** with **meatballs**. Spoon **any remaining retro chili sauce** from the pan over **meatballs**.

Dinner Solved!