



Meatballs in Retro Chili Sauce

with Roasted Veggies and Buttered Rice

Family Friendly

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



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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

Medium bowl, baking sheet, measuring spoons, medium pot, large bowl, 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.

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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.



Make glaze mixture

- 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 medium bowl. Season with **pepper**, then stir to combine.



Cook meatballs

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, 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).
- When the pan is hot, add **1 tbsp oil**, then **meatballs**. Cook, turning **meatballs** occasionally, until browned all over and cooked through, 12-14 min.**



Glaze meatballs

- Carefully drain and discard excess fat from the pan with **meatballs**.
- Add **glaze mixture**. Bring to a simmer.
- Once simmering, cook, gently stirring occasionally, until **glaze** thickens slightly and coats **meatballs**, 2-3 min.



Prep

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



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!