



# Moo Shu Pork Meatball Bowls

with Snow Peas and Cashews

Spicy

30 Minutes

Customized Protein

+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Beef  
250 g | 500 g



Plant-Based  
Ground Protein  
250 g | 500 g



Ground Pork  
250 g | 500 g



Jasmine Rice  
¾ cup | 1 ½ cups



Sweet Bell  
Pepper  
1 | 2



Snow Peas  
56 g | 113 g



Green Onion  
1 | 2



Garlic, cloves  
1 | 2



Panko  
Breadcrumbs  
¼ cup | ½ cup



Cashews  
28 g | 56 g



Sweet Chili Sauce  
4 tbsp | 8 tbsp



Sesame Oil  
1 tbsp | 2 tbsp



Chicken Broth  
Concentrate  
1 | 2



Moo Shu Spice  
Blend  
½ tbsp | 1 tbsp



The recent weather conditions that have caused supply challenges across North America has impacted our regular supply of fresh produce, and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

**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.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Baking sheet, measuring spoons, strainer, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan

1



### Cook rice

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

- Add **1 cup** (2 cups) **water** and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

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### Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **snow peas** and **peppers**.
- Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Transfer **veggies** to a plate, then cover to keep warm.

2



### Roast meatballs

- 🔄 Swap | **Ground Beef**
- 🔄 Swap | **Plant-Based Protein**

- Line a baking sheet with parchment paper.
- Add **pork, panko**, **½ tbsp** (1 tbsp) **Moo Shu Spice Blend** and **¼ tsp** (½ tsp) **salt** to a large bowl. (**TIP:** If you prefer a more tender meatball, add an egg to mixture!)
- Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).
- Arrange on the prepared baking sheet.
- Roast in the **top** of the oven, turning halfway, until cooked through, 12-14 min.\*\*

5



### Make sauce

- Add **sweet chili sauce, garlic** and **¼ cup** (½ cup) **water** to the same pan.
- Bring **sauce** to a simmer, then reduce heat to medium-low.
- Add **meatballs** and **sesame oil**.
- Cook, stirring often, until **sauce** thickens slightly and **meatballs** are coated, 1 min.

3



### Prep

- 🔄 Sub | **Broccoli**
- Meanwhile, trim and halve **snow peas**.
- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onion**.
- Peel, then mince or grate **garlic**.

6



### Finish and serve

- Fluff **rice** with a fork and stir in **green onions** and **1 tbsp** (2 tbsp) **butter**.
- Divide **rice** between bowls. Top with **veggies** and **meatballs**.
- Spoon **any remaining sauce** over **meatballs**.
- Sprinkle with **cashews**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Roast beef meatballs

🔄 Swap | **Ground Beef**

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **pork**\*\*.

## 2 | Roast plant-based meatballs

🔄 Swap | **Plant-Based Protein**

If you've opted to get **plant-based ground protein**, prepare, cook and plate it the same way the recipe instructs you to prepare, cook and plate the **pork**\*\*.

## 3 | Prep

🔄 Sub | **Broccoli**

If you've received **broccoli**, cut into bite-sized pieces. Continue to follow the recipe as instructed, subbing **broccoli** in for **snow peas**. Then, increase pan-fry cook time to 5-6 min to ensure a tender-crisp bite.

\*\* Cook pork, beef and plant-based protein to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.