



Moo Shu Pork Meatball Bowls

with Snow Peas and Cashews

Spicy

30 Minutes



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Ground Pork



Jasmine Rice



Sweet Bell Pepper



Snow Peas



Green Onion



Garlic, cloves



Panko Breadcrumbs



Cashews



Sweet Chili Sauce



Sesame Oil



Chicken Broth
Concentrate



Moo Shu Spice Blend

HELLO MOO SHU SPICE BLEND

This zesty blend will punch up the flavour of meatballs!

Start here

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

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

Bust out

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

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	320 g
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
Unsalted Butter*	1 tbsp	2 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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1



Cook rice

- 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.

4



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When 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

- 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 **pork mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).
- Arrange **meatballs** on the prepared baking sheet. Roast in the **top** of the oven, turning halfway through, 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 to medium-low.
- Add **meatballs** and **sesame oil**. Cook, stirring often, until **sauce** thickens slightly and **meatballs** are coated, 1 min.

3



Prep

- Meanwhile, trim and halve **snow peas**.
- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onions**.
- Peel, 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**.

Dinner Solved!