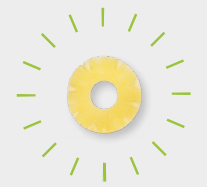




SWEET & SOUR GLAZED PORK MEATBALLS

with Pineapple & Peanuts



Use pineapple juice to make a stir-fry sauce



Red Capsicum



Carrot



Sugar Snap Peas



Garlic



Ginger



Pineapple Slices



Hoisin Sauce



Basmati Rice



Pork Mince



Fine Breadcrumbs



Black Sesame Seeds



Crushed Peanuts



Hands-on: 45 mins

Ready in: 50 mins

Revisit the classic sweet and sour pork, but add a signature HelloFresh twist! We've created tender pork meatballs, which we add to lightly seared veggies for a stir-fry with an extra burst of flavour from sweet pineapple and crunchy peanuts. It's like the classic dish you remember, except so much better.

Pantry Staples: Olive Oil, Honey, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 GET PREPPED

Cut the **red capsicum** into 2cm pieces. Thinly slice the **carrot** (unpeeled) into half-moons. Trim the **sugar snap peas**. Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. Drain the **pineapple** slices (reserve **1/2 cup** pineapple juice) and cut into 2cm chunks. In a small bowl, combine the pineapple juice, **hoisin sauce** and **honey**. Set aside.



2 COOK THE RICE

In a medium saucepan, bring the **water** to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



3 MAKE THE MEATBALLS

In a medium bowl, combine the **pork mince**, **egg**, **fine breadcrumbs** and the **salt**. Using damp hands, shape 1 tbs of mixture into a meatball. Transfer to a plate and repeat with remaining mixture. You should get about 20 meatballs.



4 COOK THE VEGGIES

Heat a large frying pan over a high heat with a **drizzle** of **olive oil**. Once hot, add the **capsicum** and **carrot** and cook, stirring, for **3 minutes**, or until softened. Add the **sugar snap peas**, **garlic** and **ginger** and cook for a further **1 minute** or until fragrant. Transfer to a medium bowl.



5 COOK THE MEATBALLS

Return the large frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **meatballs** and cook for **6-7 minutes**, or until browned. Add the **pineapple juice mixture** and cook, stirring, for **2-3 minutes**, or until thickened. Return the vegetables and pineapple chunks to the pan and bring to the boil and cook, stirring, for **1 minute**, or until the meatballs and vegetables are coated with the glaze. Remove from the heat.



6 SERVE UP

Divide the rice, glazed meatballs and vegetables between plates. Sprinkle the adult portions with the **black sesame seeds** and **crushed peanuts**.

TIP: *For kids, follow our serving suggestions in the main photo.*

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
red capsicum	1
carrot	1
sugar snap peas	1 bag (200 g)
garlic	2 cloves
ginger	1 knob
pineapple slices	1 tin (225 g)
hoisin sauce	1 sachet (75 g)
honey*	3 tsp
water*	3 cups
basmati rice	2 packets
pork mince	1 packet
eggs*	2
fine breadcrumbs	2 packets
salt*	1/2 tsp
black sesame seeds	1 sachet
crushed peanuts	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3050kJ (728Cal)	661kJ (158Cal)
Protein (g)	41.2g	8.9g
Fat, total (g)	17.9g	3.9g
- saturated (g)	4.8g	1.1g
Carbohydrate (g)	96.5g	20.9g
- sugars (g)	22.8g	4.9g
Sodium (g)	831mg	180mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2019 | WK3

