



Hakka-Style Meatballs

with Peppers, Rice and Peas

Spicy

Quick

25 Minutes



Ground Beef



Panko Breadcrumbs



Soy Sauce



Chili Garlic Sauce



Ginger



Green Bell Pepper



Onion, chopped



Basmati Rice



Green Peas



Cilantro



Moroccan Spice Blend



Sweet Chili Sauce

HELLO HAKKA CUISINE

A fusion of Indian and Chinese influenced flavours!

Start here

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

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ½ tbsp
- Medium: 1 tbsp
- Spicy: 1 ½ tbsp
- Extra-spicy: 2 tbsp

Bust out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Panko Breadcrumbs	¼ cup	½ cup
Soy Sauce	2 tbsp	4 tbsp
Chili Garlic Sauce 🌶️	1 ½ tbsp	3 tbsp
Ginger	15 g	30 g
Green Bell Pepper	200 g	400 g
Onion, chopped	113 g	227 g
Basmati Rice	¾ cup	1 ½ cups
Green Peas	56 g	113 g
Cilantro	7 g	14 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Sweet Chili Sauce 🌶️	4 tbsp	8 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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



Cook rice and peas

Add **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Add **peas** halfway through cooking. When **rice** is done, remove the pot from heat. Set aside, still covered.



Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **peppers**. Cook, stirring occasionally, until slightly softened, 2-3 min. Add **remaining ginger** and **remaining Moroccan Spice Blend**. Cook, stirring constantly, until fragrant, 30 sec.



Bake meatballs

While **rice** cooks, peel, then mince or grate **half the ginger** (use all for 4 ppl). (**TIP:** If grating, mince the leftover pieces of ginger.) Combine **beef**, **panko**, **half the ginger**, **½ tbsp soy sauce** and **1 tsp Moroccan Spice Blend** (dbl both for 4 ppl) in a large bowl. Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Arrange **meatballs** on a parchment-lined baking sheet. Bake in the **middle** of the oven until golden-brown and cooked through, 8-10 min.**



Finish meatballs

Add **meatballs**, then **stir-fry sauce** to the pan with **veggies**. Cook, stirring gently, until **sauce** thickens slightly and coats **meatballs**, 1 min. Season with **salt** and **pepper**, to taste.



Prep and make stir-fry sauce

While **meatballs** bake, core, then cut **pepper** into ½-inch pieces. Roughly chop **cilantro**. Stir together **sweet chili sauce**, **remaining soy sauce**, **¼ cup water** (dbl for 4 ppl) and **1 ½ tbsp chili garlic sauce** in a small bowl. (**NOTE:** Reference heat guide for chili garlic sauce.)



Finish and serve

Add **half the cilantro** to **rice**, then fluff with a fork. Divide **rice** between plates, then top with **meatballs**, **veggies** and any **sauce** in the pan. Sprinkle **remaining cilantro** over top.

Dinner Solved!