



Honey & Chipotle-Glazed Meatballs

with Garlic-Spinach Rice & Sweetcorn Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Sweetcorn



Mild Chipotle Sauce



Pork Mince



Fine Breadcrumbs



Louisiana Spice Blend



Tomato



Lemon



Baby Spinach Leaves



Sour Cream

Hands-on: 25-35 mins
Ready in: 30-40 mins

Give pork meatballs a dash of flair with a glaze of chipotle sauce and sweet honey for a melding of robust flavours. Then, don't stop there. Ramp up your dish with baby spinach tossed around with aromatic garlic rice. This one's an exciting ride from start to finish.

Pantry items

Olive Oil, Butter, Honey, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
sweetcorn	½ tin	1 tin
honey*	1 tbs	2 tbs
mild chipotle sauce	1 packet (40g)	2 packets (80g)
pork mince	1 packet	1 packet
fine breadcrumbs	½ packet	1 packet
egg*	1	2
Louisiana spice blend	1 sachet	2 sachets
tomato	1	2
lemon	½	1
baby spinach	1 bag	1 bag
leaves	(30g)	(60g)
sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3512kJ (839Cal)	741kJ (177Cal)
Protein (g)	40.1g	8.5g
Fat, total (g)	35.3g	7.5g
- saturated (g)	18.2g	3.8g
Carbohydrate (g)	84.1g	17.8g
- sugars (g)	16.1g	3.4g
Sodium (mg)	1238mg	261mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the meatballs

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **meatballs**, turning occasionally, until browned and cooked through, **8-10 minutes**. Remove from the heat, then pour over the **honey-chipotle glaze** and turn the **meatballs** to coat, **30 seconds**.



Get prepped

Drain the **sweetcorn** (see ingredients). Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl and set aside. In a small bowl, combine the **honey**, **mild chipotle sauce** and a pinch of **salt** and **pepper**. Set aside.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Make the salsa

While the meatballs are cooking, roughly chop the **tomato**. Slice the **lemon** into wedges. Roughly chop the **baby spinach leaves**. Add the **tomato**, a squeeze of **lemon juice** and a small drizzle of **olive oil** to the **charred corn**. Toss to combine and season to taste.



Make the meatballs

In a large bowl, combine the **pork mince**, **fine breadcrumbs** (see ingredients), **egg**, **Louisiana spice blend** and remaining **garlic**. Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs. Transfer to a plate. You should get about 5 meatballs per person.



Serve up

Stir the baby spinach through the rice. Divide the garlic and spinach rice between bowls. Top with the honey and chipotle-glazed meatballs. Spoon over any remaining glaze from the pan. Top with the salsa and **sour cream**. Serve with any remaining lemon wedges.

Enjoy!