



Korean-Glazed Pork Meatballs

with Garlic Rice & Sesame Greens

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Asian Greens



Green Beans



Lemon



Pork Mince



Fine Breadcrumbs



Sesame Seeds



Sweet Chilli Sauce



Korean Sauce



Crispy Shallots

 Hands-on: **30-40 mins**
Ready in: **35-45 mins**

This recipe is here to blow up everything you think you know about meatballs. All dramatics momentarily aside, these meatballs are truly game-changing thanks to a special combination of sweet, tangy flavours from the Korean sauce and sweet chilli sauce. We think these should come with a warning because they're so good, they might just make your tastebuds explode!

Pantry items

Olive Oil, Butter, Egg, Soy Sauce

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
Asian greens	1 head	2 heads
green beans	1 bag (100g)	1 bag (200g)
lemon	½	1
pork mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
egg*	1	2
sesame seeds	1 sachet	1 sachet
sweet chilli sauce	1 packet (50g)	1 packet (100g)
Korean sauce	1 medium packet	2 medium packets
soy sauce*	1 tbs	2 tbs
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3827kJ (915Cal)	737kJ (176Cal)
Protein (g)	40.3g	7.8g
Fat, total (g)	35.4g	6.8g
- saturated (g)	14.1g	2.7g
Carbohydrate (g)	104.4g	20.1g
- sugars (g)	24.8g	4.8g
Sodium (mg)	1148mg	221mg

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.



Make 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!



Get prepped

While the rice is cooking, roughly chop the **Asian greens**. Trim and halve the **green beans**. Slice the **lemon** into wedges. In a large bowl, combine the **pork mince**, **fine breadcrumbs**, the **egg**, remaining **garlic** and a generous pinch of **salt**. Using damp hands, roll heaped spoonfuls of the **pork mixture** into small meatballs. Transfer to a plate. You should get 4-5 meatballs per person.



Cook the sesame greens

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **green beans**, tossing, until tender, **4-5 minutes**. Add the **Asian greens** and **sesame seeds** and cook until the greens are wilted, **2-3 minutes**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



Cook the meatballs

Wipe out the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).



Add the glaze

Remove the pan from the heat, then add the **sweet chilli sauce**, **Korean sauce**, **soy sauce** and a squeeze of **lemon juice**, then toss the **meatballs** until coated and the sauce is slightly reduced, **1 minute**. Season to taste.

TIP: If the sauce is too thick, add a splash of water to loosen.



Serve up

Divide the garlic rice and sesame greens between bowls. Top with the Korean-glazed pork meatballs and spoon over any remaining sauce from the pan. Serve with any remaining lemon wedges. Garnish with the **crispy shallots**.

Enjoy!