

Korean Pork Meatballs & Stir-Fry Veggies

with Cauliflower Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Carrot



Baby Broccoli



Bamboo Shoots



Pork Mince



Fine Breadcrumbs



Cauliflower Rice



Korean Stir-Fry Sauce



Crispy Shallots



Beef Mince

Recipe Update

Our suppliers have been affected by the recent adverse weather conditions and COVID-related labour shortages, which is impacting the availability of some ingredients. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Carb Smart

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. We think these should come with a warning because they're so good, they might just make your tastebuds explode!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Butter, Soy Sauce, Seame Oil

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
carrot	1	2
baby broccoli	1 bag	1 bag
bamboo shoots	½ tin	1 tin
pork mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
egg*	1	2
cauliflower rice	1 packet (250g)	1 packet (500g)
butter*	20g	40g
Korean stir-fry sauce	1 medium packet	1 large packet
water*	¼ cup	½ cup
soy sauce*	1 tsp	2 tsp
sesame oil*	drizzle	drizzle
crispy shallots	1 packet	1 packet
beef mince**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2337kJ (559Cal)	436kJ (104Cal)
Protein (g)	36.1g	6.7g
Fat, total (g)	29.2g	5.4g
- saturated (g)	12.9g	2.4g
Carbohydrate (g)	36.3g	6.8g
- sugars (g)	15.4g	2.9g
Sodium (mg)	1201mg	224mg
Dietary Fibre (g)	6.9g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2450kJ (585Cal)	457kJ (109Cal)
Protein (g)	39.4g	7.4g
Fat, total (g)	27.6g	5.1g
- saturated (g)	14.2g	2.6g
Carbohydrate (g)	36.3g	6.8g
- sugars (g)	15.4g	2.9g
Sodium (mg)	1184mg	221mg
Dietary Fibre (g)	6.9g	1.3g

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Finely chop the **garlic**. Thinly slice the **carrot** into half-moons. Trim the **baby broccoli**. Drain the **bamboo shoots** (see ingredients).



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). Transfer to a plate.



Make the meatballs

In a large bowl, combine the **pork mince**, **fine breadcrumbs**, the **egg**, 1/2 the **garlic** and a 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. Set aside.

CUSTOM RECIPE

If you've swapped your pork mince for beef mince, prep and cook the beef in the same way.



Make it saucy

Wipe out the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **baby broccoli** until tender, **4-5 minutes**. Add the **bamboo shoots**, **Korean stir-fry sauce** and the **water** and cook until softened, **1-2 minutes**. Remove the pan from the heat, then add the **meatballs**, the **soy sauce** and **sesame oil**. Stir to combine.



Cook the cauliflower rice

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **cauliflower rice** until softened, **2-4 minutes**. Add the **butter** and remaining **garlic** and cook, stirring, until fragrant, **1 minute**. Season, transfer to a bowl and cover to keep warm.



Serve up

Divide the cauliflower rice between bowls. Top with the Korean meatballs and stir-fry veggies. Garnish with the **crispy shallots** to serve.

Enjoy!