



Vietnamese-Style Pork Meatball & Rice Bowl

with Garlic Veggies, Pickled Cucumber & Crispy Shallots

NEW

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Cucumber



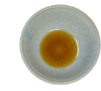
Carrot



Asian Greens



Sweet Chilli Sauce



Fish Sauce & Rice Vinegar Mix



Pork Mince



Fine Breadcrumbs



Asian BBQ Seasoning



Crispy Shallots



Beef Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

Reinvent the humble meatball! We've teamed rich pork meatballs with a sweet chilli glaze, along with express pickled cucumber and tender veggies. Sprinkle over some crispy shallots for even more crunch to this textural and flavourful dish.

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

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine), Egg

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
water*	1 cup	2 cups
jasmine rice	1 medium packet	2 medium packets OR 1 large packet
cucumber	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
carrot	1	2
Asian greens	1 medium packet	2 medium packets
sweet chilli sauce	1 medium packet	2 medium packets
fish sauce & rice vinegar mix	1 medium packet	2 medium packets
pork mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
Asian BBQ seasoning	1 medium sachet	2 medium sachets
egg*	1	2
crispy shallots	1 medium packet	1 large packet
beef mince**	1 medium packet	2 medium packets OR 1 large packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3041kJ (727Cal)	563kJ (135Cal)
Protein (g)	38.4g	7.1g
Fat, total (g)	21.8g	4g
- saturated (g)	8.7g	1.6g
Carbohydrate (g)	98.8g	18.3g
- sugars (g)	23.5g	4.3g
Sodium (mg)	1833mg	339mg
Dietary Fibre (g)	23g	4.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3068kJ (733Cal)	568kJ (136Cal)
Protein (g)	41.9g	7.8g
Fat, total (g)	20.8g	3.8g
- saturated (g)	9.1g	1.7g
Carbohydrate (g)	98.8g	18.3g
- sugars (g)	23.5g	4.3g
Sodium (mg)	1834mg	339mg
Dietary Fibre (g)	23g	4.3g

The quantities provided above are averages only.

Allergens

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

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

1



Cook the garlic rice

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

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

4



Make the meatballs

- Meanwhile, in a medium bowl, combine **pork mince**, **fine breadcrumbs**, **Asian BBQ seasoning** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.

Custom Recipe: If you've swapped to beef mince, prepare and cook beef meatballs in the same way as the pork meatballs.

2



Get prepped

- Meanwhile, thinly slice **cucumber** into half-moons. In a medium bowl, combine the **vinegar** and a good pinch of sugar and **salt**.
- Add **cucumber** to **pickling liquid**. Add enough **water** to just cover cucumber. Set aside.
- Cut **carrot** into thin sticks.
- Roughly chop **Asian greens**.
- In a small bowl, combine **sweet chilli sauce**, a splash of **water** and **fish sauce & rice vinegar mix**.

TIP: Slicing the cucumber very thinly helps it pickle faster!

5



Cook & glaze the meatballs

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Add **meatballs** and cook, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Remove from heat, and add **sweet chilli mixture**, tossing to coat.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens** and remaining **garlic** and cook, tossing, until fragrant and wilted, **1-2 minutes**. Transfer to a bowl, season and cover to keep warm.

6



Serve up

- Drain pickled cucumber.
- Divide garlic rice, garlic veggies and pickled cucumber between bowls.
- Top with pork meatballs. Sprinkle over **crispy shallots** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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