



# Sichuan-Glazed Beef Meatball Bun Cha Bowl

with Soy Asian Veggies & Pickled Onion

NEW

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Red Onion



Capsicum



Zucchini



Beef Mince



Southeast Asian Spice Blend



Fine Breadcrumbs



Sichuan Garlic Paste



Crushed Peanuts



Pork Mince

Prep in: 35-45 mins  
Ready in: 40-50 mins

Taking inspiration from Vietnam's delectable 'Bun Cha', dive into a fan-favourite meatball version that has saucy Sichuan-garlic paste packing loads of flavours. Packed onto a bed of fragrant jasmine rice and with some tasty veggies, you'll be glad that you ordered this one!

**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, Soy Sauce



## 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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
jasmine rice	1 medium packet	1 large packet
<b>water*</b>	1¼ cups	2½ cups
<b>salt*</b>	pinch	pinch
red onion	½	1
<b>vinegar*</b> (white wine or rice wine)	¼ cup	½ cup
capsicum	1	2
zucchini	1	2
beef mince	1 small packet	1 medium packet
Southeast Asian spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
Sichuan garlic paste	1 packet	2 packets
<b>soy sauce*</b>	1 tbs	2 tbs
crushed peanuts	1 medium packet	1 large packet
pork mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3735kJ (893Cal)	719kJ (172Cal)
Protein (g)	46g	8.9g
Fat, total (g)	34.4g	6.6g
- saturated (g)	13.1g	2.5g
Carbohydrate (g)	94.1g	18.1g
- sugars (g)	18.5g	3.6g
Sodium (mg)	1676mg	323mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3709kJ (886Cal)	714kJ (171Cal)
Protein (g)	42.6g	8.2g
Fat, total (g)	35.4g	6.8g
- saturated (g)	12.7g	2.4g
Carbohydrate (g)	94.1g	18.1g
- sugars (g)	18.5g	3.6g
Sodium (mg)	1674mg	322mg

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

## We're here to help!

Scan here if you have any questions or concerns



## 1 Cook the garlic rice

- Finely chop **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Add **jasmine rice**, the **water** and the **salt**, stir, and bring to the boil.
- Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10-15 minutes**.

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



## 4 Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **meatballs** and cook, tossing occasionally, until browned and cooked through, **8-10 minutes**. Transfer to a paper towel-lined plate.
- In a medium bowl, add **meatballs** and **Sichuan garlic paste**, toss to coat. Cover with a plate to keep warm.

**Custom Recipe:** Cook the pork meatballs in the same way as the beef meatballs.



## 2 Get prepped

- While the rice is cooking, thinly slice **red onion** (see ingredients). In a small bowl, combine **red onion**, the **vinegar** and a good pinch of **sugar** and **salt**.
- Add enough **water** to cover the **onion** completely and stir to coat. Set aside.
- Thinly slice **capsicum**. Thinly slice **zucchini** into half-moons.



## 5 Cook the veggies

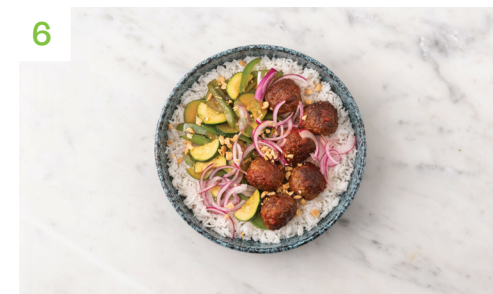
- Wipe out the frying pan and return to high heat with a drizzle of **olive oil**. Add **capsicum** and **zucchini**. Cook, tossing, until just tender, **3-4 minutes**. Add the **soy sauce** and stir through.



## 3 Make the meatballs

- In a large bowl, combine **beef mince**, **Southeast Asian spice blend**, **fine breadcrumbs**, the **egg** and a pinch of **pepper**.
- Using damp hands, take a spoonful of **mixture** and shape into a small meatball. Transfer to a plate and repeat with remaining **mixture**. You should get around 5-6 meatballs per person.

**Custom Recipe:** If you've swapped to pork mince, combine pork mince in the same way as the beef mince.



## 6 Serve up

- Drain the pickled onion.
- Divide the garlic rice between bowls. Top with soy veggies, beef meatballs, and pickled onion.
- Top with **crushed peanuts** to serve. Enjoy!

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