



# Teriyaki Glazed Pork Meatballs and Rice

with Sambal, Peas and Pak Choi

Classic 25-30 Minutes • 1 of your 5 a day

8



Garlic Clove



Pak Choi



Lime



Jasmine Rice



Panko Breadcrumbs



Pork Mince



Teriyaki Sauce



Sambal Paste



Peas



Beef Mince

#### Pantry Items

Oil, Salt, Pepper, Butter

#### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, saucepan, lid, bowl, baking tray and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Pak Choi**	1	1½	2
Lime**	½	1	1
Jasmine Rice	150g	225g	300g
Panko Breadcrumbs <b>13</b>	10g	15g	20g
Pork Mince**	240g	360g	480g
Teriyaki Sauce <b>11</b>	75g	100g	150g
Sambal Paste	15g	23g	30g
Peas**	120g	180g	240g
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	408g	100g	408g	100g
Energy (kJ/kcal)	3442 /823	843 /202	3217 /769	788 /188
Fat (g)	36.3	8.9	29.7	7.3
Sat. Fat (g)	15.1	3.7	13.8	3.4
Carbohydrate (g)	90.6	22.2	90.4	22.1
Sugars (g)	18.4	4.5	18.2	4.5
Protein (g)	35.6	8.7	38.8	9.5
Salt (g)	3.34	0.82	3.39	0.83

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**11) Soya 13) Cereals** containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Start Chopping

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).  
Trim the **pak choi**, then thinly slice widthways.

Cut the **lime** (see ingredients for amount)  
into wedges.



## Ready, Steady, Bake

Pop the **meatballs** onto a large baking tray and bake on the top shelf of your oven until browned on the outside and cooked through, 12-15 mins.

**IMPORTANT:** *The meatballs are cooked when no longer pink in the middle.*

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **pak choi** and stir-fry until just soft, 3-4 mins, then transfer to a bowl. Cover with a lid or foil to keep warm.

Pop the (now empty) pan back onto medium heat with another drizzle of **oil**. Once hot, add the remaining **garlic** and cook for 30 secs.



## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and ¼ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Teriyaki Sauce Time

Stir the **teriyaki**, **sambal paste** (add less if you'd prefer things milder) and **water for the sauce** (see pantry for amount) into the **garlic**. Bring to the boil, then reduce the heat slightly and simmer for 3-4 mins.

Once the **meatballs** are cooked, add them to the pan along with the **peas** and gently toss to coat in the **sauce**. Simmer until piping hot, 1-2 mins.

Add a squeeze of **lime juice** from a **lime wedge**. Taste and add **salt**, **pepper** and more **lime juice** if you feel it needs it.

Stir through the **butter** (see pantry for amount) until melted. Add a splash of **water** if needed.



## Mix the Meatballs

Meanwhile, in a large bowl, combine a **third** of the **garlic**, the **breadcrumbs** and the **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**.

Season with plenty of **pepper** and mix together with your hands. Roll into even-sized balls, 5 per person. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*

## CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



## Finish and Serve

Fluff up the **rice** with a fork, stir in the **pak choi**, then share between your bowls.

Top with the **teriyaki meatballs and peas**, spooning over all the **sauce** from the pan.

Serve with any remaining **lime wedges** alongside.

## Enjoy!