



Chipotle Pork Meatballs in Spiced Sauce

with Coriander Rice and Soured Cream

27

Calorie Smart 30-35 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



Basmati Rice



Bell Pepper



Red Onion



Garlic Clove



Coriander



Panko Breadcrumbs



Chipotle Paste



Pork Mince



Tomato Passata



Chicken Stock Paste



Soured Cream

Pantry Items
Salt

Before you start

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

Cooking tools

Saucepan, lid, garlic press, bowl, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	100g	150g	200g
Bell Pepper***	1	1	2
Red Onion**	1	1	1
Garlic Clove**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs 13	10g	20g	25g
Chipotle Paste	½ sachet	1 sachet	2 sachets
Pork Mince**	240g	360g	480g
Tomato Passata	½ carton	1 carton	2 cartons
Chicken Stock Paste	10g	15g	20g
Soured Cream** 7)	75g	120g	150g

Pantry	2P	3P	4P
Water for the Rice*	200ml	300ml	400ml
Salt for the Meatballs*	¼ tsp	½ tsp	½ tsp
Water for the Sauce*	75ml	100ml	125ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	477g	100g
Energy (kJ/kcal)	2557/611	536/128
Fat (g)	25.8	5.4
Sat. Fat (g)	10.6	2.2
Carbohydrate (g)	66.4	13.9
Sugars (g)	12.7	2.7
Protein (g)	31.2	6.5
Salt (g)	2.62	0.55

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Cook the Rice

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

Pour the **cold water for the rice** (see ingredients 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).



Get Cooking

Pop the **meatballs** onto a large baking tray. Bake on the top shelf of your oven until browned on the outside and cooked through, 8-10 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 medium-high heat. Once hot, add the **pepper** and **onion** and stir-fry until just soft, 3-4 mins.

Stir in the remaining **garlic** and cook for 30 secs more.

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Prep the Veg

While the **rice** cooks, halve the **pepper** and discard the core and seeds. Slice into thin strips.

Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).

Roughly chop the **coriander** (stalks and all).



Simmer and Stir

Add the **passata**, **chicken stock paste**, remaining **chipotle paste** (add less if you don't like too much heat) and **water for the sauce** (see ingredients for amount) to the pan.

Season with **salt** and **pepper** and stir together well, then lower the heat and simmer gently until thickened, 5-6 mins, stirring occasionally.

Once the **meatballs** are cooked, stir them through the **sauce**.



Make the Meatballs

In a large bowl, combine the **breadcrumbs**, **half the garlic** and **half the chipotle paste** with the **salt for the meatballs** (see ingredients for amount), then add the **pork mince**. Season with **pepper** and mix together with your hands.

Roll the **mince** into even-sized balls, 4 per person.

IMPORTANT: *Wash your hands and equipment after handling raw mince.*



Finish and Serve

When everything is ready, fluff up the **rice** with a fork. Stir through **half the coriander**, then share between your bowls.

Top with the **chipotle meatballs**, spooning over the **sauce** from the pan.

Finish with a dollop of **soured cream** and a sprinkle of the remaining **coriander**.

Enjoy!