



Garlicky Pork Meatballs in Spiced Tomato Sauce

with Cheese, Basmati Rice and Peas

10

Family 40-45 Minutes • 2 of your 5 a day



Basmati Rice



Bell Pepper



Garlic Clove



Mature Cheddar Cheese



Panko Breadcrumbs



Pork Mince



Mexican Style
Spice Mix



Tomato Passata



Chicken Stock
Paste



Peas

Pantry Items

Oil, Salt, Pepper, Sugar

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 with lid, garlic press, grater, bowl, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Bell Pepper***	1	2	2
Garlic Clove**	3	5	6
Mature Cheddar Cheese** 7)	30g	45g	60g
Panko Breadcrumbs 13)	10g	15g	20g
Pork Mince**	240g	360g	480g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Salt for the Breadcrumbs*	¼ tsp	½ tsp	¾ tsp
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml

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

Nutrition

	Per serving	Per 100g
for uncooked ingredient	477g	100g
Energy (kJ/kcal)	2956 / 706	620 / 148
Fat (g)	24.6	5.2
Sat. Fat (g)	9.8	2.1
Carbohydrate (g)	83.9	17.6
Sugars (g)	13.2	2.8
Protein (g)	38.1	8.0
Salt (g)	2.92	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

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.

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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 Baking

Pop the **meatballs** and **peppers** onto a large baking tray and drizzle with **oil**.

When your oven is hot, bake on the top shelf until the **peppers** are soft and the **meatballs** are browned on the outside and cooked through, 12-15 mins. **IMPORTANT: The meatballs are cooked when no longer pink in the middle.**



Start the Prep

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

Peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.

In a large bowl, combine the **breadcrumbs**, **half the garlic**, **water** and **salt for the breadcrumbs** (see ingredients for both amounts).



Bring on the Spiced Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the remaining **garlic** and **Mexican style spice mix** and cook for 30 secs.

Stir in the **passata**, **chicken stock paste**, **sugar** and **water for the sauce** (see ingredients for both amounts). Bring to the boil, then lower the heat and simmer for 3-4 mins.

When the **meatballs** and **peppers** are cooked, stir them into the **sauce** and simmer until thickened, 3-4 mins more. Add a splash of **water** if it gets too thick.



Make your Meatballs

Add the **pork mince** to the bowl and season with **pepper**, then 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, add the **peas** to the **rice** and fluff it up using a fork, then share between your bowls.

Spoon the **meatballs** and **spiced tomato sauce** over the top of the **rice**. Finish with a sprinkle of **cheese**.

Enjoy!