



PORK BULGOGI MEATBALLS

with Carrots and Zucchini over Rice



HELLO BULGOGI SAUCE

A savory meat marinade that combines soy sauce and sesame with a little bit of sweetness

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 740**



Zucchini



Ginger



Ground Pork



Bulgogi Sauce
(Contains: Wheat, Soy)



Precooked Basmati Rice



Sriracha



Scallions



Limes



Panko Breadcrumbs
(Contains: Wheat)



Shredded Carrots



Sesame Oil



Sesame Seeds

START STRONG

Let's get rolling: kids can help with mixing and shaping the meatballs and plating the finished dish (just make sure they wash their hands before and after handling the pork).

BUST OUT

- Peeler
- Medium bowl
- Large pan
- Large bowl
- Vegetable oil (4 tsp)

INGREDIENTS

Ingredient 4-person

- Zucchini 1
- Scallions 2
- Ginger 1 Thumb
- Limes 2
- Ground Pork 20 oz
- Panko Breadcrumbs ½ Cup
- Bulgogi Sauce 8 oz
- Shredded Carrots 8 oz
- Sesame Oil 1 TBSP
- Precooked Basmati Rice 17 oz
- Sriracha 2 tsp
- Sesame Seeds 1 TBSP

WINE CLUB

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1 PREP

Wash and dry all produce. Halve zucchini lengthwise, then slice crosswise into thin half-moons. Trim, then thinly slice scallions, separating greens and whites. Peel ginger, then mince until you have 1 TBSP. Cut limes into wedges.



2 MAKE MEATBALLS

Combine ginger, scallion whites, pork, panko, and 2 TBSP bulgogi sauce (save the rest for step 5) in a medium bowl. Season with salt and pepper (we used 1 tsp kosher salt). Shape into 1-inch balls.



3 COOK ZUCCHINI

Heat a drizzle of oil in a large pan over medium-high heat (use a nonstick pan if you have one). Add zucchini and season with salt and pepper. Cook, tossing, until just tender, 3-4 minutes. Remove from pan and set aside in a medium bowl.



4 COOK CARROTS AND BROWN MEATBALLS

Heat another drizzle of oil in same pan, then add carrots and season with salt and pepper. Cook until tender, 3-4 minutes. Add to bowl with zucchini, then toss both veggies with half the sesame oil. Set aside. Heat a large drizzle of oil in same pan over medium-high heat. Add meatballs and cook, turning, until browned all over, 4-6 minutes.



5 SIMMER SAUCE AND WARM RICE

Add remaining bulgogi sauce to pan with meatballs. Bring to a simmer, then reduce heat to medium low and cover pan. (TIP: If your pan doesn't have a lid, cover it with aluminum foil.) Steam until meatballs are cooked through, about 5 minutes. Remove pan from heat. Meanwhile, massage rice in packet with hands to break up, then microwave according to package instructions.



6 FINISH AND SERVE

Place rice in a large bowl and toss with remaining sesame oil and juice from 1 lime wedge. Divide between plates and top with veggies and meatballs. Drizzle with remaining sauce from pan and sriracha, to taste (skip this for the kids). Garnish with sesame seeds and scallion greens. Serve with remaining lime wedges.

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