



HALL OF FAME

PORK BULGOGI MEATBALLS

with Carrots and Zucchini over Rice



HELLO HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

PREP: 10 MIN | **TOTAL: 45 MIN** | **CALORIES: 870**



Zucchini



Ginger



Ground Pork

Bulgogi Sauce
(Contains: Wheat, Soy)Precooked
Long-Grain 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
- 2 Medium bowls
- Large pan
- Large bowl
- Vegetable oil (4 tsp)

INGREDIENTS

Ingredient 4-person

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP

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



2 FORM MEATBALLS

In a medium bowl, combine **ginger**, **scallion whites**, **pork**, **panko**, and **2 TBSP bulgogi sauce** (save the rest for step 5). 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, stirring, until just tender, 4-6 minutes. Turn off heat; transfer to another medium bowl.



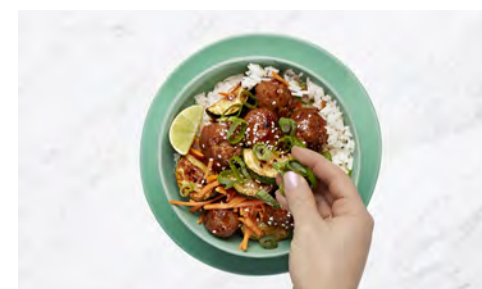
4 COOK CARROTS AND BROWN MEATBALLS

Heat another drizzle of **oil** in same pan. Add **carrots**; season with **salt** and **pepper**. Cook, stirring, until tender, 3-4 minutes. Add to bowl with **zucchini**, then toss with half the **sesame oil** (save the rest for step 6). 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 cover pan and reduce heat to medium-low. (**TIP:** If your pan doesn't have a lid, cover with aluminum foil.) Steam until meatballs are cooked through, about 5 minutes. Turn off heat. Meanwhile, massage **rice** in its packet 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 the 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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