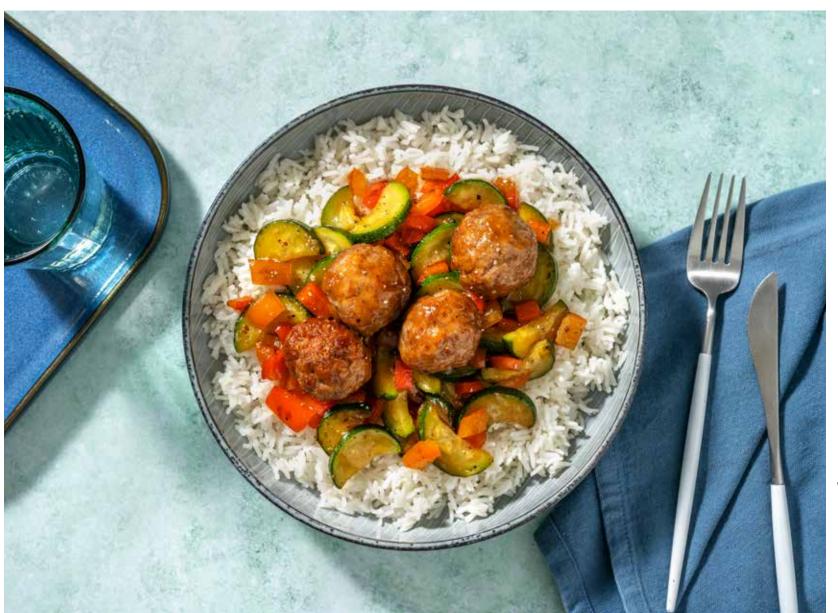


## Chicken Meatballs in Apricot Sauce

with Peppers and Garlic-Butter Rice

Family Friendly 30 Minutes







**Ground Chicken** 

Panko Breadcrumbs





Soy Sauce

Apricot Spread





Rice Vinegar

Cornstarch





Sweet Bell Pepper





Basmati Rice



White Cooking Wine

HELLO APRICOT SPREAD

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

#### **Bust out**

Baking sheet, 2 medium bowls, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan

## Ingredients

2 Person	4 Person
250 g	500 g
1/4 cup	½ cup
1 tbsp	2 tbsp
4 tbsp	8 tbsp
1 tbsp	2 tbsp
½ tbsp	1 tbsp
160 g	320 g
200 g	400 g
¾ cup	1 ½ cups
2 tsp	4 tsp
4 tbsp	8 tbsp
2 tbsp	4 tbsp
	250 g  ¼ cup  1 tbsp  4 tbsp  1 tbsp  ½ tbsp  160 g  200 g  ¾ cup  2 tsp  4 tbsp

- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## **Allergens**

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

#### Contact

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#### Cook rice

- Add rice, half the garlic powder, 1 ¼ cups water and ¼ tsp salt (dbl both for 4 ppl) to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



#### Make meatballs

- Meanwhile, add chicken, panko, half the remaining garlic powder, half the soy sauce and ¼ tsp salt (dbl for 4 ppl) to a medium bowl. Season with pepper, then combine.
- Roll mixture into 8 equal-sized meatballs (16 for 4 ppl).
- Transfer meatballs to a parchment-lined baking sheet. Bake in the top of the oven until cooked through, 10-12 min.\*\*



## Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ¼-inch-thick half-moons.



## Cook veggies

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ tbsp oil (dbl for 4 ppl), then peppers and zucchini. Cook, stirring occasionally, until softened slightly, 3-4 min. Season with salt and pepper.
- While veggies cook, combine apricot spread, vinegar, remaining soy sauce, remaining garlic powder, half the cornstarch (all for 4 ppl) and ¼ cup water (dbl for 4 ppl) in another medium bowl.



# Mix veggies and meatballs with sauce

- Add cooking wine to the pan with veggies.
   Cook, stirring occasionally, until reduced slightly, 30 sec.
- Add **sauce mixture**. Bring to a simmer, stirring constantly, until **sauce** thickens slightly, 1 min.
- Add **meatballs**. Gently stir until **meatballs** are coated. Season with **salt** and **pepper**, to taste.
- Remove the pan from heat.



## Finish and serve

- Add 2 tbsp butter (dbl for 4 ppl) to the pot with garlic rice, then fluff with a fork until melted.
- Divide garlic-butter rice between plates.
- Top rice with veggies and meatballs.

## **Dinner Solved!**