



Sweet and Sour Pork Meatballs

with Peppers and Sugar Snap Peas

30 Minutes



Ground Pork



Onion, sliced



Sweet and Sour Sauce



Sweet Bell Pepper



Breadcrumbs



Garlic



Green Onions



Sugar Snap Peas



Basmati Rice

HELLO SWEET AND SOUR SAUCE

Just like the name says, it's the perfect blend of sweet and sour!

Start here

- Before starting, preheat the oven to 425°F. Wash and dry all produce.

Bust Out

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

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Onion, sliced	56 g	113 g
Sweet and Sour Sauce	½ cup	1 cup
Sweet Bell Pepper	160 g	320 g
Breadcrumbs	2 tbsp	4 tbsp
Garlic	6 g	12 g
Green Onions	2	4
Sugar Snap Peas	113 g	227 g
Basmati Rice	¾ cup	1 ½ cup
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

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Cook rice

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Prep

While the **rice** cooks, core, then cut the **pepper** into ½-inch pieces. Thinly slice the **green onions**. Trim the **sugar snap peas**. Peel, then mince or grate the **garlic**. Combine the **pork, garlic, breadcrumbs, ½ tsp salt** (dbl for 4 ppl) and season with **pepper** in a large bowl. Roll **mixture** into **8 equal-sized meatballs**. (NOTE: 16 meatballs for 4 ppl.)



Bake meatballs

Arrange the **meatballs** on a parchment-lined baking sheet. Bake in the **middle** of the oven until golden and cooked through, 8-10 min.**



Start stir-fry

While the **meatballs** cook, heat a large non-stick pan over medium-high heat. When hot add **½ tbsp oil** (dbl for 4 ppl), then the **onions, peppers** and **sugar snap peas**. Cook, stirring occasionally, until tender-crisp, 2-3 min. Season with **salt** and **pepper**.



Make sauce

Add the **sweet and sour sauce** and **¼ cup water** (dbl for 4 ppl) to the pan with the **veggies**. Reduce heat to medium. Simmer until the **veggies** are tender-crisp and **sauce** thickens slightly, 3-4 min. Remove the pan from the heat. Once the **meatballs** are cooked through, add them to the pan, then toss to combine.



Finish and serve

Fluff the **rice** with a fork. Season with **salt**, then stir in **half the green onions**. Divide **rice** between bowls. Top with the **sweet and sour stir-fry**. Sprinkle the **remaining green onions** over top.

Dinner Solved!