

Hello  
FRESH

JAN  
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## Sweet 'n Sour Meatballs

with Pineapple and Green Peppers

Making your own sweet 'n sour sauce couldn't be easier, and our meatballs are simmered right in the sauce! We've even added a secret ingredient into our meatballs - flaxmeal. This ingredient not only helps to hold the meatballs together, it's also high in heart-healthy omega 3's!

 Prep  
35 min

 level 2



Ground Pork



Pineapple



Tomato Passata



Tomato Paste



Onion-Garlic  
Powder



Worcestershire  
Sauce



Italian-Style  
Breadcrumbs



Green Onion



Green Bell Pepper



Basmati Rice



Flaxmeal



Rice Vinegar

## Ingredients

Ground Pork		2 pkg (500 g)
Pineapple, chopped		1 pkg (396 g)
Tomato Passata		1 box
Tomato Paste		1 pkg (2 tbsp)
Onion-Garlic Powder		1 pkg (2 tbsp)
Worcestershire Sauce	1) 2)	1 pkg (1 tbsp)
Italian-Style Breadcrumbs	3)	1 pkg (1/3 cup)
Green Onion		2
Green Bell Peppers		2
Basmati Rice		2 pkg (227 g)
Flaxmeal		1 pkg (1 tbsp)
Rice Vinegar	2)	1 pkg (2 tbsp)
Sugar*		3 tbsp
Olive or Canola Oil*		

## 4 People

\*Not Included

## Allergens

- 1) Fish/Poisson
- 2) Sulphites/Sulfites
- 3) Wheat/Blé

## Tools

Medium pot, Large bowl, Large pot, Measuring spoon,

**Nutrition per person** Calories: 756 cal | Fat: 30 g | Protein: 32 g | Carbs: 89 g | Fibre: 6 g | Sodium: 494 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

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2



**1 Prep: Wash and dry all produce.** Core, then cut the **green peppers** into 1/2-inch cubes. Thinly slice the **green onion**. Bring **2 cups salted water** in a medium pot to a boil.

2



**2 Make the meatballs:** In a large bowl, stir the **flaxmeal** with **2 tbsp water** until combined (mixture will look gloopy!) Add the **ground pork, breadcrumbs** and **half the spice blend**. Use your hands to mix everything until combined. Season with **salt** and **pepper**. Roll the pork mixture into 1-inch round meatballs.

4



**3 Cook the rice:** Add the **rice** to the **boiling water**. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 10-12 min.

**4 Make the sauce:** Heat a large pot over medium-high. Add a drizzle of **oil**, then **half the pineapple** and **green peppers**. Cook, stirring occasionally, until the pineapple is golden, 3-4 min.

5



**5** Meanwhile, finely chop the **remaining pineapple**. Stir into the pot along with the **passata, tomato paste, rice vinegar, Worcestershire sauce** and **remaining spice blend**. Gently add the **meatballs**. Cover with a lid and simmer until the sauce is slightly thickened and the meatballs are cooked through, 10-12 min. (**TIP:** Cut a meatball in half to make sure it's no longer pink inside!)

**6 Finish and serve:** Stir as much **sugar** as you like into the **sauce** (**TIP:** Add 1 tbsp at a time, and give it a taste! If the pineapple is very sweet, you may not need as much.) Divide the **rice** between bowls and top with a hearty scoop of **meatballs and sauce**. Sprinkle with **green onion**. Enjoy!

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