



Teriyaki Glazed Pork Meatballs

with Jasmine Rice, Peas and Pak Choi

Classic 25-30 Minutes • Medium Spice • 1 of your 5 a day

44



Garlic Clove



Pak Choi



Lime



Jasmine Rice



Panko Breadcrumbs



Pork Mince



Teriyaki Sauce



Sambal



Peas

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, lid, bowl, baking tray, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Pak Choi**	1	1.5	2
Lime**	½	1	1
Jasmine Rice	150g	225g	300g
Panko Breadcrumbs 13)	10g	15g	20g
Pork Mince**	240g	360g	480g
Teriyaki Sauce 11)	75g	100g	150g
Sambal	15g	23g	30g
Peas**	120g	180g	240g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3441 /822	843 /201
Fat (g)	36.4	8.9
Sat. Fat (g)	15.1	3.7
Carbohydrate (g)	90.7	22.2
Sugars (g)	18.6	4.6
Protein (g)	35.2	8.6
Salt (g)	3.38	0.83

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

11) Soya **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

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Start Chopping

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).
Trim the **pak choi**, then thinly slice widthways.

Cut the **lime** into wedges.



Ready, Steady, Bake

Pop the **meatballs** onto a large baking tray.

When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** *The meatballs are cooked when no longer pink in the middle.*

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **pak choi** and stir-fry until just soft, 3-4 mins, then transfer to a bowl. Cover with a lid or foil to keep warm.



Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and ¼ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Teriyaki Sauce Time

Pop the (now empty) pan back onto medium heat with a drizzle of **oil**. Once hot, add the remaining **garlic** and cook for 30 secs.

Pour in the **teriyaki**, **sambal** (add less if you'd prefer things milder) and **water for the sauce** (see pantry for amount). Bring to the boil, then reduce the heat slightly and simmer for 3-4 mins.

Once the **meatballs** are cooked, add them into the **sauce** along with the **peas**. Simmer until piping hot.

Add a good squeeze of **lime juice** to the **sauce**. Taste and season with **salt** and **pepper** if needed.

Stir through the **butter** (see pantry for amount) until melted. Add a splash of **water** if too thick.



Mix the Meatballs

Meanwhile, in a large bowl, combine a **third** of the **garlic**, the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**.

Season with plenty of **pepper** and mix together with your hands. Roll into even-sized balls, 5 per person. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



Finish and Serve

Stir the **pak choi** into the **cooked rice** and share between your bowls.

Top with the **teriyaki meatballs** and **peas**, spooning over all the **sauce** from the pan.

Serve with any remaining **lime wedges** alongside.

Enjoy!