



## Thai Chilli Meatballs with Jasmine Rice

Experience the vibrant flavors of our Thai Meatballs with Stir-Fried Veg and Jasmine Rice—a culinary delight that marries succulent pork meatballs with a sweet and savory sauce. The crisp stir-fried vegetables, including broccoli, bell pepper, and spring onions, add a delightful crunch to the dish. Served over fluffy jasmine rice, this plate offers a perfect balance of textures and tastes, combining the richness of the meatballs with the freshness of the stir-fried vegetables and the aromatic jasmine rice.

### Ingredients

- Pork Mince
- Tenderstem broccoli
- Jasmine rice
- Spring onions
- Bell Pepper
- Garlic clove
- Ginger
- Sauce Mix
  - Soy sauce
  - Maple syrup
  - Fish sauce
  - Rice Vinegar

### Your Pantry

- Olive Oil
- Salt & Pepper

### Nutritional Info

Calories: 455 kcal  
Carbohydrates: 71 g  
Protein: 32 g  
Fat: 6 g

### Allergens

[Soy \(Soy Sauce\)](#)  
[Fish \(Fish Sauce\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### **1) Make the Rice**

Add 90ml of cold/room temperature water per person to a saucepan with the jasmine rice. Bring to a simmer on high heat as fast as you can. Once bubbles begin to form, turn the heat down, cover with a lid/tin foil and leave for 12 minutes - do not lift the lid during cooking. While the rice cooks, move on to the next step.

### **2) Prepare the vegetables**

Peel and crush the garlic. Finely grate one teaspoon per person portion of the ginger (you will use half of this amount for the meatballs and half for the sauce). Cut the very ends of the broccoli stalks off and discard, then chop the remainder into thirds. Finely slice the bell pepper. Finely slice the spring onions.

### **3) Make the Meatballs**

Place the pork mince in a bowl with half of the ginger and half of the garlic and season with salt and pepper. Mix well until fully combined. Roll into small meatballs and set aside in the fridge while you make the sauce.

### **4) Make the Sauce**

Mix the sauce mix and the remaining garlic and ginger together.

### **5) Cook the Meatballs**

Heat a large non-stick frying pan over high heat and add a drizzle of oil. Once hot, carefully lay in the meatballs and cook for 2-3 minutes on each side or until brown and just cooked through (cook time will depend on the size of the meatballs). Transfer the cooked meatballs to a plate and put the pan back on the heat. Add the spring onions, broccoli and bell pepper and stir fry for about 2 minutes.

### **6) Add the Sauce**

Add the meatballs back into the pan with the vegetables and pour over the sauce stirring well. Cook for 2-3 minutes or until the sauce reduces down and coats the meatballs.

### **7) Serve the Dish**

Plate the rice. Spoon over the thai meatballs and stir fry veg.