



One-Pan Sweet and Sour Pork Meatballs

WITH JASMINE RICE

4-Serving
Family Meal



Prep & Cook Time

30-40 MIN

Cook Within

5 DAYS

You Will Need

Olive Oil, Salt
Mixing Bowl, Microwave-Safe
Bowl, Large Non-Stick Pan

Ingredients

¼ cup Panko Breadcrumbs
1 Green Bell Pepper
.609 fl. oz. Soy Sauce
2 fl. oz. Sweet and Sour Sauce
3 oz. Edamame
1 tsp. Garlic Salt
17 oz. Cooked Jasmine Rice
4 Green Onions
1 tsp. Minced Ginger
20 oz. Ground Pork

Difficulty Level

EASY

Spice Level

NOT SPICY

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/21268

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **soy sauce, green onions**



1. Prepare the Ingredients

- Remove stem, seeds, and ribs, and cut **green bell pepper** into ½” dice.
- Trim and thinly slice **green onions**, keeping white and green portions separate.



2. Form the Meatballs

- In a mixing bowl, combine **panko** and ¼ cup **water**. Let sit, 1 minute.
- After 1 minute, add **ground pork, garlic salt, ginger,** and ⅓ the **soy sauce** (reserve remaining for sauce). Stir to combine.
- Form pork mixture into 12 evenly-sized meatballs.



3. Start the Meatballs

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **meatballs** to hot pan. Roll occasionally until browned all over, 2-4 minutes.
- Add **green bell pepper** and a pinch of **salt**. Stir often until slightly tender, 2-3 minutes.



4. Finish the Meatballs

- Stir **sweet and sour sauce, edamame, white portions of green onions,** 2 Tbsp. **water,** and remaining **soy sauce** into hot pan until combined.
- Cover, and cook until **meatballs** reach a minimum internal temperature of 160 degrees, 4-6 minutes.
- Remove from burner.



5. Heat Rice and Finish Dish

- Carefully massage **rice** in bag to break up any clumps. Tear a small slit in an upper corner of bag to vent. Place upright in microwave and heat, 45 seconds.
- Remove rice from packaging and transfer to a microwave-safe bowl. Break up any clumps and add ½ tsp. **salt**. Cover with a damp paper towel. Microwave until heated through, 2-3 minutes.
- Plate dish as pictured on front of card, topping **rice** with **meatballs and sauce** from pan and garnishing with **green portions of green onions**. Bon appétit!