



NUTRITION per serving 36g carbohydrates 34g fat 36g protein 1372mg sodium | calorie-conscious



Calories
602



Prep & Cook Time
35-45 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- 1/3 cup Quinoa
- 2 Tbsp. Miso Paste
- 1/2 oz. Parsley
- 1 Red Onion
- 2 Garlic Cloves
- 1 fl. oz. Seasoned Rice Vinegar
- 1/4 tsp. Red Pepper Flakes
- 12 oz. Ground Pork
- 1 Tbsp. Meatloaf Seasoning
- 1 1/2 tsp. Ground Cumin

CONTAINS: wheat, soy
Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

- Olive Oil
- Salt
- Cooking Spray
- Small Pot
- 2 Mixing Bowls
- Grill Pan or Outdoor Grill

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GRILLING SERIES

Argentine Grilled Pork Albondigas

with chimichurri and quinoa

BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Thoroughly rinse produce and pat dry

WHILE YOU COOK

- ❑ **Heads Up!** Miso is used three times. A third is cooked with **quinoa**, a third is added to **chimichurri**, and remaining is added to **pork mixture**.
- ❑ **Heads Up!** **Garlic** and **parsley** are used twice. Half of each are added to **chimichurri** and remaining are added to **pork mixture**.
- ❑ **Heads Up!** **Onion** is used three times. 1 Tbsp. **minced onion** is added to **chimichurri**, ¼ cup minced onion is added to **pork mixture**, and **onion rounds** are grilled.
- ❑ **Garlic** and **onion** add a pungent kick to the chimichurri. Feel free to use less if sensitive.
- ❑ **Spice Alert!** A little goes a long way when it comes to **red pepper flakes**. Add a pinch at first, taste, and add more if desired.

FROM THE CHEF

Make sure to finely mince both garlic and onion for chimichurri.

Did you know...

The word *albondigas* comes from Arabic; it's derived from *al-bunduq*, which means... hazelnut. But think about it; both are small, round, and tannish brown.



Cook the Quinoa

In a small pot, add **quinoa**, ¾ cup **water**, ⅓ the **miso** (reserve remaining for chimichurri), and ¼ tsp. **salt**. Stir until miso is fully combined, then bring to a boil. Reduce to a simmer, cover, and cook until tender, 18-20 minutes. Remove from burner and keep covered. While quinoa cooks, prepare ingredients.



Make the Pork Mixture

In another mixing bowl, thoroughly combine **ground pork**, ¼ cup **minced onion**, **meatloaf seasoning**, remaining **miso**, **cumin**, remaining **garlic**, and remaining **parsley**. Form pork mixture into four patties, 3½" by ¾".



Prepare the Ingredients

Stem and mince **parsley**. Peel **onion** and slice half into ¼" rounds. Finely mince other half. Finely mince **garlic**.



Grill the Patties and Onion Rounds

Heat grill or grill pan to medium heat and coat with **cooking spray**. Place **patties** on hot grill and cook until patties reach a minimum internal temperature of 160 degrees, 4-8 minutes per side. *Make sure to keep heat at medium.* Remove patties to a plate. Spray grill again with cooking spray and add **onion rounds**. Cook until charred and tender, 2-4 minutes per side.



Make the Chimichurri

Thoroughly combine **seasoned rice vinegar**, half the **parsley**, 1 Tbsp. **minced onion**, half the **garlic**, half the remaining **miso** (reserve remaining of all four for pork mixture), 1 Tbsp. **water**, and 2 tsp. **olive oil** in a mixing bowl. Add **red pepper flakes** (to taste). Set aside.



Finish the Dish

Place **quinoa** on a plate and top with **pork patties**. Place **onion rounds** next to pork and serve **chimichurri** on the side or drizzle over pork.