

## Whole30 Vietnamese Meatball & Broccoli Stir Fry

2 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: 30

Peaceful Pork Ground Pork, thawed  
Farmhouse Kitchen Meatball Breading  
Texas Farm Patch Broccoli, washed  
Johnsons Backyard Garden Carrots, greens removed, washed, peeled (optional)  
Farmhouse Kitchen Bahn Mi Pickles  
Farmhouse Kitchen Stir Fry Sauce, thawed  
Olive Oil or Ghee  
Salt and Pepper

Preheat oven to 375°F

**STEP 1** Line a baking sheet with foil and prepare the meatballs. Add ground pork to a mixing bowl with meatball breading, 1 tsp. salt and, pepper. Use your hands to evenly distribute meatball breading, salt and, pepper. Form 12-14 meatballs, about the size of ping pong balls. Add meatballs to the baking sheet, spacing them about 1" apart. Place the baking sheet in the oven and roast for 12-15 minutes. Remove the meatballs from the oven when the internal temperature reaches 160°F.

**STEP 2** While the meatballs are roasting, prepare the vegetables. Chop the broccoli into florets. Peel carrots, and chop on the bias (at an angle) into 1/4" pieces, Bring a skillet to medium-high heat. When the pan is just smoking, add 1 tbsp. oil, carrots and, broccoli. Stir fry on medium-high heat for 3-5 minutes or until the vegetables are browned but retain a crunch. If a softer texture is desired, cook for 2 minutes longer. Add the stir fry sauce and cook for 2 minutes more or until the sauce is just reduced. Toss vegetables with 1/2 tsp. salt and pepper. Cover and set aside until ready to serve.

**STEP 3** To serve, add roasted vegetables that are coated in stir fry sauce. Add desired amount of meatballs. Spoon over an additional stir fry sauce. Garnish with Bahn Mi pickles.

Enjoy!

## Whole30 Vietnamese Meatball & Broccoli Stir Fry

4 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: 30

Peaceful Pork Ground Pork, thawed  
Farmhouse Kitchen Meatball Breading  
Texas Farm Patch Broccoli, washed  
Johnsons Backyard Garden Carrots, greens removed, washed, peeled (optional)  
Farmhouse Kitchen Bahn Mi Pickles  
Farmhouse Kitchen Stir Fry Sauce, thawed  
Olive Oil or Ghee  
Salt and Pepper

Preheat oven to 375°F

**STEP 1** Line a baking sheet with foil and prepare the meatballs. Add ground pork to a mixing bowl with meatball breading, 2 tsp. salt and, pepper. Use your hands to evenly distribute meatball breading, salt and, pepper. Form 12-14 meatballs, about the size of ping pong balls. Add meatballs to the baking sheet, spacing them about 1" apart. Place the baking sheet in the oven and roast for 12-15 minutes. Remove the meatballs from the oven when the internal temperature reaches 160°F. (NOTE: You may need to cook the meatballs in batches)

**STEP 2** While the meatballs are roasting, prepare the vegetables. Chop the broccoli into florets. Peel carrots, and chop on the bias (at an angle) into 1/4" pieces, Bring a skillet to medium-high heat. When the pan is just smoking, add 2 tbsp. oil, carrots and, broccoli. Stir fry on medium-high heat for 3-5 minutes or until the vegetables are browned but retain a crunch. If a softer texture is desired, cook for 2 minutes longer. Add the stir fry sauce and cook for 2 minutes more or until the sauce is just reduced. Toss vegetables with 1 tsp. salt and pepper. Cover and set aside until ready to serve. (NOTE: You may need to cook vegetables in batches)

**STEP 3** To serve, add roasted vegetables that are coated in stir fry sauce. Add desired amount of meatballs. Spoon over an additional stir fry sauce. Garnish with Bahn Mi pickles.

Enjoy!

## **STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS**

Ground Pork- Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Meatball Breading - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: AustiNuts pecans, Villa Klehr cilantro, garlic, onion powder, black pepper, dried shiitake mushroom, Red Boat fish sauce)

Broccoli - Store in the crisper drawer of the refrigerator. Use within 5 days.

Carrots - Remove top greens, if any. Store carrots in the crisper drawer of the refrigerator, and use within 5 days.

Bahn Mi Pickles - Store in the refrigerator. Use within 5 days. (Ingredients: red onion, Johnson's Backyard Garden daikon radish, carrots, fresno chili flake, white balsamic vinegar, water, salt)

Stir Fry Sauce - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: chicken stock, garlic, In the Garden ginger, coconut aminos, sesame oil)

**\*Contains egg, nuts, fish or shellfish containing ingredients.**

**\*\*Not made with gluten, dairy, egg or peanut containing ingredients.**

**\*\*\*Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**