



# ASIAN PORK MEATBALLS

with Rice Noodles & Veggies



## HELLO COOKBOOK

Our brand NEW cookbook 'Recipes That Work' is available to buy now on Amazon!



Spring Onion



Ginger



Garlic Clove



Lime



Carrot



Coriander



Rice Noodles



Pork Mince



Soy Sauce



Panko Breadcrumbs



Sugar Snap Peas



Ketjap Manis



Salted Peanuts

MEAL BAG

30 mins

2.5 of your 5 a day

These fresh, zingy, meatballs bring a delicious twist to a traditional stir-fry. Sweet, sticky, and with a kick of heat, the delicious sauce in this recipe is guaranteed to take your stir-fry game to new levels of greatness. This sizzling one-pot dish is guaranteed to become a household favourite in no time at all.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Coarse Grater**, some **Clingfilm**, a **Colander**, **Mixing Bowl** and **Frying Pan**. Now, let's get cooking!



### 1 GET PREPPED

Remove the root from the **spring onion** and thinly slice. Peel and finely grate the **ginger** and **garlic** (or use a garlic press). Zest the **lime** and cut in half. Remove the ends from the **carrot** (no need to peel!) and coarsely grate. Roughly chop the **coriander** (stalks and all). Boil your kettle.



### 2 SOAK THE NOODLES

Put the **rice noodles** in a bowl. Pour enough boiling **water** over the **noodles** to completely submerge them, then cover with clingfilm or a plate. Leave to the side for 8-10 mins before draining in a colander. **★ TIP:** Check the noodles are soft enough to eat before draining. If not, just leave them in the hot water for 2 mins longer. Once drained, rinse under a cold tap, put back into the bowl and cover with cold water.



### 3 MAKE THE MEATBALLS

Pop the **pork mince** into a mixing bowl and add **half** the **spring onion**, **half** the **ginger**, **half** the **garlic** and all the **lime zest**. Add a quarter of the **soy sauce**, all the **panko breadcrumbs** and mix well to combine. Shape the mixture into four **meatballs** per person. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



### 4 FRY THE MEATBALLS

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **meatballs** and fry until browned all over, turning occasionally, 8-10 mins. Once the **meatballs** are browned, add the remaining **spring onion**, **ginger** and **garlic** along with the **sugar snap peas** and **carrot**, then stir-fry everything for 1 minute. **! IMPORTANT:** The meatballs are cooked when they are no longer pink in the middle.



### 5 TOSS TOGETHER

Drain the **noodles**. Add the **ketjap manis** and remaining **soy sauce** to the **meatballs** in the pan, stir and simmer for 2-3 mins, then tip in the **noodles** and **half** the **coriander**. Squeeze in the **juice** from **half** the **lime**. Toss to combine and heat until the **noodles** are piping hot, 2-3 mins. Taste and season with **black pepper** if you feel it needs it.



### 6 FINISH AND SERVE

Serve the **noodles** and **meatballs** in bowls and sprinkle over the rest of the **coriander** and the **peanuts**. Serve with a wedge of the remaining **lime** (for anyone that likes things extra zesty). **Enjoy!**

## 2 PEOPLE INGREDIENTS

Spring Onion, sliced	3
Ginger, grated	1 piece
Garlic Clove, grated	1
Lime	1
Carrot, grated	1
Coriander, chopped	1 small bunch
Rice Noodles	½ pack
Pork Mince	250g
Soy Sauce 11) 13)	3 tbsp
Panko Breadcrumbs 13)	15g
Sugar Snap Peas	1 pack
Ketjap Manis 11) 13)	3 tbsp
Salted Peanuts 1)	25g

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 459G	PER 100G
Energy (kcal)	686	150
(kJ)	2868	626
Fat (g)	27	6
Sat. Fat (g)	5	1
Carbohydrate (g)	76	17
Sugars (g)	28	6
Protein (g)	36	8
Salt (g)	5.73	1.25

### ALLERGENS

1) Peanut 11) Soya 13) Gluten

**Soy Sauce:** Water, **Soy** beans, **Wheat**, Salt, Sodium Benzoate.

**Ketjap Manis:** Light Brown Sugar, Dark **Soy** Sauce (**Soya**, **Wheat**), Water, Molasses, Tapioca Starch, Garlic Puree, Ginger Puree, Preservative: Potassium Sorbate, Anise Star.

**! Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.**

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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