















Asian Style Meatballs

with Sticky Noodles and Peanuts

FAMILY Hands on Time: 25 Minutes • Total Time: 40 Minutes • 1 of your 5 a day



-  Carrot
-  Garlic Clove
-  Ginger
-  Coriander
-  Salted Peanuts
-  Lime
-  Pork Mince
-  Panko Breadcrumbs
-  Soy Sauce
-  Egg Noodle Nests
-  Mangetout
-  Ketjap Manis

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press), Sieve and Large Frying Pan.

Ingredients

	2P	3P	4P
Carrot**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Ginger**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	1 bag	1 bag	1 bag
Lime**	1	1	1
Pork Mince**	240g	360g	480g
Panko Breadcrumbs 13)	10g	25g	25g
Soy Sauce 11) 13)	1 sachet	2 sachets	2 sachets
Egg Noodle Nests 8) 13)	2	3	4
Mangetout**	1 small pack	1 large pack	1 large pack
Ketjap Manis 11) 13)	2 sachets	3 sachets	4 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	389g	100g
Energy (kJ/kcal)	3230 / 772	831 / 199
Fat (g)	34	9
Sat. Fat (g)	11	3
Carbohydrate (g)	78	20
Sugars (g)	25	6
Protein (g)	39	10
Salt (g)	4.11	1.06

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 11) Soya 13) Gluten

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Get Prepped

Bring a large saucepan of **water** to the boil on medium high heat. Trim the **carrot**, then halve lengthways (no need to peel). Thinly slice widthways. Peel and grate the **garlic** (or use a garlic press), peel and grate the **ginger**. Roughly chop the **coriander** (stalks and all), then roughly chop the **peanuts**. Zest and halve the **lime**.



4. Fry the Meatballs

Meanwhile, heat a drizzle of **oil** in a large frying pan or wok on medium-high heat. Once hot, add the **meatballs** and fry, turning occasionally until browned on the outside and cooked through, about 10 mins. **IMPORTANT: The meatballs are cooked when no longer pink in the middle.** Once cooked, transfer to a plate lined with kitchen paper to absorb any excess oil.



2. Make the Meatballs

Put the **pork mince** in a bowl, add the **panko breadcrumbs** and **lime zest**. Add a **third** of the **soy sauce**, **half** the **ginger** and a grind of **pepper**. Mix together with your hands until completely combined, then shape into small **meatballs** (5 per person). Pop them on a plate. **IMPORTANT: Remember to wash your hands after handling raw meat!**



5. Combine

Add a little more **oil** to the pan along with the **carrot** and **mangetout** and stir-fry until softened, 3-4 mins. Drain your **noodles** again. Turn the heat to medium, add the **garlic** and remaining **ginger** to the **veg**, cook for one minute more. Add the **ketjap manis** to the pan along with the remaining **soy sauce**. Squeeze in **half** the **lime juice** and a splash of **water**. Add the **meatballs** and drained **noodles**, toss everything together. Cook until piping hot, 2-3 mins.



3. Cook the Noodles

Add the **noodles** to the boiling **water** and simmer until tender, 4 mins. Once cooked, drain in a sieve, put them back in their pan and cover with cold **water** (to stop them cooking anymore).



6. Finish and Serve

Serve in bowls with the **coriander** and **peanuts** sprinkled on top. Cut the remaining **lime** into **wedges** and serve on the side for anyone that likes things zesty!

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.