



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

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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.