

Garlic & Sesame Beef Meatball Noodles

with Stir-Fried Veggies & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Carrot



Courgette



Asian Greens



Beef Mince



Thai Seven Spice Blend



Fine Breadcrumbs



Sesame Seeds



Udon Noodles



Oyster Sauce



Crispy Shallots

 Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Put an Asian spin on beef meatballs with oyster sauce, sesame seeds and garlic. Then, swap the usual pasta for udon noodles, add some tasty greens and you've got yourself a new speedy noodle dish that's sure to become a family fave.

Pantry items

Olive Oil, Soy Sauce, Egg, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
carrot	1	2
courgette	1	2
Asian greens	1 packet	1 packet
beef mince	1 packet	1 packet
Thai seven spice blend	1 sachet	1 sachet
fine breadcrumbs	1 packet	1 packet
soy sauce*	¼ tsp	½ tsp
egg*	1	2
sesame seeds	1 sachet	1 sachet
udon noodles	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
oyster sauce	1 packet (100g)	2 packets (200g)
crispy shallots	1 sachet	1 sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2925kJ (699Cal)	428kJ (102Cal)
Protein (g)	48.5g	7.1g
Fat, total (g)	21.4g	3.1g
- saturated (g)	6.6g	1g
Carbohydrate (g)	72.9g	10.7g
- sugars (g)	16.2g	2.4g
Sodium (mg)	2618mg	383mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the veggies

Finely chop the **garlic**. Thinly slice the **carrot** and **courgette** into half-moons. Roughly chop the **Asian greens**. Heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook the **carrot** and **courgette** until softened, **4-5 minutes**. Add the **Asian greens** and cook, until wilted, **1-2 minutes**. Transfer to a bowl.



Cook the noodles

While the meatballs are cooking, place the **noodles** in a heatproof bowl and cover with boiling water. Soak, stirring occasionally with a fork to separate the noodles, **2 minutes**. Drain.



Make the meatballs

While the veggies are cooking, combine the **beef mince**, **Thai seven spice blend**, **fine breadcrumbs**, **soy sauce**, **egg** and 1/2 the **garlic** in a medium bowl. Using damp hands, take heaped spoonfuls of the **beef mixture** and gently shape into small meatballs. Transfer to a plate. You should get 4-5 meatballs per person.



Bring it all together

Add the **veggies**, **brown sugar** and **oyster sauce** to the **meatballs** and cook until warmed through, **1 minute**. Add the **noodles** and toss until well coated, **1 minute**.



Cook the meatballs

Boil a kettle of water. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **meatballs**, turning occasionally, until browned and cooked through, **8-10 minutes**. Add the **sesame seeds** and remaining **garlic** and cook until fragrant, **1 minute**.

TIP: Reduce the heat to medium if the meatballs are browning too quickly.



Serve up

Divide the garlic and sesame beef meatball noodles with stir-fried veggies between bowls. Garnish with the **crispy shallots**.

Enjoy!