



# Indonesian Pork Meatballs

with Noodles, Veggies & Sesame Seeds

Grab your Meal Kit with this symbol



Garlic



Ginger



Asian Greens



Broccoli



Carrot



Lime



Kecap Manis



Sesame Oil Blend



Pork Mince



Fine Breadcrumbs



Mixed Sesame Seeds



Flat Noodles

 Hands-on: **35 mins**  
Ready in: **40 mins**

Put an Asian spin on pork meatballs with kecap manis, sesame oil, ginger and garlic. Then, swap the usual pasta for flat noodles, add some tasty greens and you've got yourself a new noodle dish that's sure to become a family fave.

### Pantry items

Olive Oil, Soy Sauce, Egg

## 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

Medium saucepan · Large frying pan

### Ingredients

	4 People
olive oil*	refer to method
garlic	3 cloves
ginger	1 knob
Asian greens	1 bunch
broccoli	1
carrot	2
lime	1
kecap manis	2 sachets (150g)
soy sauce*	¼ cup
sesame oil blend	1 tub
pork mince	1 packet
fine breadcrumbs	2 packets
egg*	1
mixed sesame seeds	1 sachet
flat noodles	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2710kJ (648Cal)	540kJ (129Cal)
Protein (g)	39.0g	7.8g
Fat, total (g)	18.4g	3.7g
- saturated (g)	4.9g	1.0g
Carbohydrate (g)	77.2g	15.4g
- sugars (g)	25.3g	5.1g
Sodium (g)	1910mg	380mg

### Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Get prepped

Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. Roughly chop the **Asian greens**. Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Zest the **lime** to get a **good pinch**, then slice into wedges. In a small bowl, combine the **kecap manis**, **ginger**, **2 tbs of soy sauce**, **1/2 the garlic**, **1/2 the sesame oil blend**, a **good squeeze of lime juice** and the **lime zest**.



## 2. Make the meatballs

Bring a medium saucepan of water to the boil. In a medium bowl, combine the **pork mince**, **fine breadcrumbs**, **egg**, **remaining 1 tbs of soy sauce** and the **remaining garlic**. Using damp hands, take a tablespoon of **mixture** and shape into a small meatball. Transfer to a plate and repeat with the **remaining mixture**. You should get 4-5 meatballs per person.



## 3. Cook the veggies

Heat a large frying pan over a medium-high heat. Add the **mixed sesame seeds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate and set aside. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **broccoli** and **carrot** and cook until softened, **4-5 minutes**. Add the **Asian greens** and cook until softened, **2 minutes**. Transfer to a bowl and cover to keep warm.



## 4. Cook the meatballs

Return the frying pan to a medium-high heat with the **remaining sesame oil blend**. Add the **pork meatballs** and cook, turning occasionally, until browned and cooked through, **8-10 minutes**. Add the **kecap manis mixture** and cook until fragrant, **1-2 minutes**. Remove the frying pan from the heat and transfer the meatballs to a medium bowl, reserving the sauce in the pan.



## 5. Cook the noodles

While the meatballs are cooking, add the **flat noodles** to the saucepan of boiling water and cook until soft, **2-3 minutes**. Drain and refresh under cold water. Add the **noodles** and **veggies** to the sauce in the frying pan and stir to combine.



## 6. Serve up

Divide the noodles and veggies between bowls and top with the Indonesian pork meatballs. Spoon over any glaze remaining in the pan. Garnish with the toasted sesame seeds. Serve with any remaining lime wedges.

**Enjoy!**

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