



Sichuan Glazed Pork Meatballs

with Noodles & Crispy Shallots

Grab your Meal Kit
with this symbol



Carrot



Capsicum



Garlic



Udon Noodles



Pork Mince



Fine Breadcrumbs



Sichuan Garlic
Paste



Long Green Chilli
(Optional)



Coriander



Crispy Shallots

Hands-on: **30-40 mins**
 Ready in: **35-45 mins**
 Spicy (optional long green chilli)

This saucy noodle number puts a tasty Asian twist on meatballs and spaghetti. Tender pork meatballs and sweet capsicum are coated in a mouth-watering Sichuan garlic glaze, with a sprinkling of crispy shallots for crunch.

Pantry items

Olive Oil, Egg, Soy Sauce

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

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
garlic	4 cloves	8 cloves
udon noodles	1 packet	2 packets
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 packet	2 packets
egg*	1	2
soy sauce*	1½ tbs	3 tbs
Sichuan garlic paste	1 sachet (80g)	2 sachets (160g)
water*	1 tbs	2 tbs
long green chilli (optional)	½	1
coriander	1 bag	1 bag
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3351kJ (800Cal)	569kJ (135Cal)
Protein (g)	44.4g	7.5g
Fat, total (g)	34.1g	5.8g
- saturated (g)	9.6g	1.6g
Carbohydrate (g)	70.1g	11.9g
- sugars (g)	22.7g	3.9g
Sodium (mg)	1782mg	303mg

Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Bring a medium saucepan of water to the boil. Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **capsicum** into 2cm chunks. Finely chop the **garlic** (or use a garlic press).



2. Cook the noodles & veggies

Add the **udon noodles** to the saucepan of boiling water and cook, stirring with a fork to separate, until tender, **2-3 minutes**. Drain and refresh under cold water. Set aside. Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. When the oil is hot, add the **carrot** and **capsicum** and cook, tossing, until tender, **5 minutes**. Add **1/2** the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper** and transfer to a plate.



3. Make the meatballs

In a medium bowl, combine the **pork mince**, **remaining garlic**, **fine breadcrumbs**, **egg** and **1/3** of the **soy sauce** (**2 tsp for 2 people / 1 tbs for 4 people**). Using damp hands, take a tablespoon of mixture and shape into a meatball. Place on a plate and repeat with the remaining mixture. You should get 5-6 meatballs per person.



4. Cook the meatballs

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **pork meatballs** and cook, turning occasionally, until browned and cooked through, **8-10 minutes**.

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



5. Bring everything together

Reduce the heat to low and add **1/2** the **Sichuan garlic paste**. Turn to coat the **meatballs** in the sauce, then transfer the **meatballs** to a plate. Add the **remaining Sichuan garlic paste**, **remaining soy sauce**, the **water**, **udon noodles** and **veggies** to the frying pan and gently toss to coat. Cook until warmed through, **2-3 minutes**.



6. Serve up

Thinly slice the **long green chilli** (see **ingredients list**), if using. Roughly chop the **coriander**. Divide the noodle stir-fry between bowls and top with the glazed pork meatballs. Garnish with the chilli (if using), coriander and **crispy shallots**.

Enjoy!