



# SICHUAN GLAZED PORK MEATBALLS

with Udon Noodles & Crispy Shallots



Glaze meatballs with Sichuan garlic paste



Carrot



Red Capsicum



Garlic



Long Green Chilli (Optional)



Coriander



Udon Noodles



Pork Mince



Fine Breadcrumbs



Sichuan Garlic Paste



Crispy Shallots

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

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

**Pantry Staples:** Olive Oil, Egg, Soy Sauce

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large frying pan**



### 1 GET PREPPED

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



### 2 COOK THE NOODLES & VEGGIES

Add the **udon noodles** (see **ingredients list**) to the saucepan of boiling water and cook until tender, **8-10 minutes**. Drain and refresh under cold water. While the **noodles** are cooking, 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 level 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 IT ALL 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

Divide the udon noodle stir-fry between bowls and top with the glazed pork meatballs. Garnish with the chilli (if using), coriander and **crispy shallots**.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

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

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2970kJ (710Cal)	658kJ (157Cal)
Protein (g)	40.0g	8.9g
Fat, total (g)	22.6g	5.0g
- saturated (g)	6.3g	1.4g
Carbohydrate (g)	81.8g	18.1g
- sugars (g)	18.0g	4.0g
Sodium (g)	3140mg	696mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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