



Szechuan Glazed Pork Meatballs

with Noodles and Crispy Shallots

Calorie Smart • 30 Minutes • Little Spice • Under 600 Calories • 1.5 of your 5 a day

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	Echalot Shallot		Plain Flour
	Panko Breadcrumbs		Soy Sauce
	Pork Mince		Bell Pepper
	Garlic Clove		Noodles
	Mange Tout		Szechuan Paste



Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Sharp Knife, Bowl, Frying Pan, Plate, Saucepan, Fine Grater (or Garlic Press), Sieve and Measuring Jug.

Ingredients

	2P	3P	4P
Echalot Shallot**	½	1	1
Plain Flour 13)	4g	8g	8g
Panko Breadcrumbs 13)	10g	25g	25g
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Pork Mince**	240g	360g	480g
Bell Pepper***	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Noodles 8) 13)	2 nests	3 nests	4 nests
Mange Tout**	80g	150g	150g
Szechuan Paste 11)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	384g	100g
Fat (g)	2403 /574	625 /149
Sat. Fat (g)	18	5
Carbohydrate (g)	6	2
Sugars (g)	69	18
Protein (g)	13	3
Salt (g)	35	9
	3.36	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Start the Prep

Halve, peel and thinly slice the **shallot**. Separate the slices and pop into a bowl. Season with **salt** and **pepper** and add the **flour**. Mix together to coat the **shallot**. Pop the **panko breadcrumbs** into a bowl. Add **half** the **soy sauce** and mix together. Add the **pork mince** and season with **pepper**. Using your hands mix everything together until very well combined. Form the mixture into evenly sized balls, 4 per person. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



Fry

Heat a glug of **oil** in a large frying pan on medium-high heat. Once the **oil** is hot, add the **shallot** and stir-fry for 1 minute, until golden brown and crispy. Transfer to a plate covered in kitchen paper, season with **salt** and set aside. Wipe out your pan and pop back on medium-high heat. Add a drizzle of **oil** and your **meatballs**. Fry until browned all over and cooked through, 10-12 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



Finish the Prep

While the meatballs cook, bring a large saucepan of **water** to the boil with 0.5 tsp of salt. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press).



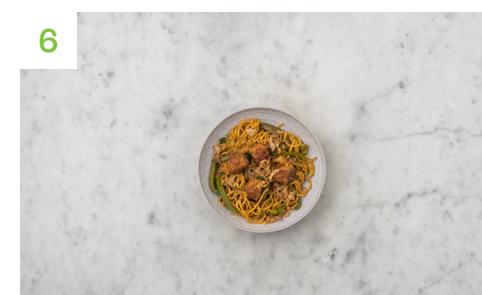
Cook the Noodles

Once the **water** is boiling, add the **noodles** and cook until tender, 4 mins. Drain in a sieve. **TIP:** Run the **noodles** under cold water to stop them sticking together then set aside.



Cook the Veg

Once the **meatballs** are cooked, transfer them to a bowl and pop your pan back on medium-high heat. Drain off **half** of the fat. Add the **pepper** slices, season with **salt** and **pepper** and stir-fry until softened, 4-5 mins. Add the **mange tout** and **garlic**, stir and cook for 1 minute, then pour in the **Szechuan paste**, **water** (see ingredients for amount) and remaining **soy sauce**. Add the **meatballs** back into your pan.



Finish and Serve

Bring to the boil and carefully stir to combine and coat the **meatballs** in the **sauce**. Cook until the **sauce** has reduced slightly and the **meatballs** are piping hot, 1-2 mins. Add the **noodles** to the **sauce** and carefully combine everything together. Serve the **noodles** in bowls with the **crispy shallot** on top.

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.