



Indonesian Pork Meatballs

with Noodles, Veggies & Sesame Seeds

Grab your Meal Kit with this symbol



Garlic



Ginger



Broccoli



Carrot



Lime



Kecap Manis



Sesame Oil Blend



Pork Mince



Fine Breadcrumbs



Mixed Sesame Seeds



Flat Noodles

Hands-on: **35-45 mins**
Ready in: **40-50 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 or wok

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
broccoli	1 head	2 heads
carrot	1	2
lime	½	1
kecap manis	2 sachets	3 sachets
soy sauce* (for the sauce)	2 tbs	3 tbs
sesame oil blend	½ tub	1 tub
pork mince	1 small packet	1 large packet
fine breadcrumbs	1 packet	2 packets
egg*	1	2
soy sauce* (for the pork)	2 tsp	1 tbs
mixed sesame seeds	½ sachet	1 sachet
flat noodles	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4052kJ (968Cal)	586kJ (140Cal)
Protein (g)	47g	6.8g
Fat, total (g)	35.8g	5.2g
- saturated (g)	10.1g	1.5g
Carbohydrate (g)	106.4g	15.4g
- sugars (g)	47.9g	6.9g
Sodium (mg)	2655mg	384mg

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

Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. Chop 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**, **soy sauce (for the sauce)**, **1/2 the garlic**, **1/2 the sesame oil blend (see ingredients list)**, 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**, the **soy sauce (for the pork)** and the **remaining garlic**. Combine well, then, using damp hands, take a tablespoon of **mixture** and shape into a small meatball. Transfer to a plate and repeat with **remaining mixture**. The mixture should make around 4-5 meatballs per person.



3. Cook the veggies

Heat a large frying pan over a medium-high heat. Add the **mixed sesame seeds (see ingredients list)** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Return the frying pan to a high heat with a **drizzle of olive oil**. Add the **carrot**, **broccoli** and a **splash of water** and cook, until softened, **4-6 minutes**. Transfer to a bowl.



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 **ginger-soy sauce** and simmer until thickened, **2-3 minutes**.

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



5. Cook the noodles

Remove the frying pan from the heat, and place the meatballs into a medium bowl, reserving the sauce in the pan. Add the **noodles** and **veggies** to the sauce, and stir to combine. While the meatballs are cooking, add the **flat noodles** to the boiling water and cook until soft, **2-3 minutes**. Drain and refresh with cold water.



6. Serve up

Divide the noodles and veggies between bowls and top with the Indonesian pork meatballs. Garnish with the sesame seeds. Serve with any remaining lime wedges.

Enjoy!