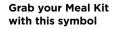


Sichuan Glazed Pork Meatballs

with Noodles & Crispy Shallots

















Udon Noodles







Pork Mince

Fine Breadcrumbs







Sichuan Garlic Paste

Long Green Chilli (Optional)







Coriander

Crispy Shallots



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	1 sachet	2 sachets
paste	(80g)	(160g)
water*	1 tbs	2 tbs
long green chilli	1/3	1
(optional)	/2	_
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 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!