



Honey Garlic Pork Meatballs

with Hoisin Veg Noodles and Toasted Sesame Seeds

Family 25-30 Minutes • 1 of your 5 a day

1



Garlic Clove



Honey



Panko Breadcrumbs



Pork Mince



Green Pepper



Onion



Egg Noodle Nest



Hoisin Sauce



Soy Sauce



Rice Vinegar



Roasted White Sesame Seeds



Beef Mince

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, bowl, baking tray, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Honey	15g	30g	30g
Panko Breadcrumbs 13)	10g	25g	25g
Pork Mince**	240g	360g	480g
Green Pepper**	1	2	2
Onion**	1	1	2
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Hoisin Sauce 11)	96g	128g	192g
Soy Sauce 11) 13)	15ml	25ml	25ml
Rice Vinegar	15ml	22ml	30ml
Roasted White Sesame Seeds 3)	5g	7g	10g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	403g	100g	403g	100g
Energy (kJ/kcal)	3215 /768	798 /191	2989 /714	742 /177
Fat (g)	30.1	7.5	23.5	5.8
Sat. Fat (g)	10.3	2.6	9.0	2.2
Carbohydrate (g)	86.8	21.6	86.5	21.5
Sugars (g)	31.4	7.8	31.2	7.7
Protein (g)	37.3	9.3	40.5	10.1
Salt (g)	5.52	1.37	5.57	1.38

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **8)** Egg **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Make the Meatballs

Preheat your oven to 220°C/200°C fan/gas mark 7.
Peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine **half the garlic, honey, breadcrumbs, salt and water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.* Season with **pepper** and mix together with your hands.

Roll into evenly-sized balls, 5 per person.

IMPORTANT: *Wash your hands and equipment after handling raw mince.*

CUSTOM RECIPE

If you've chosen to get **beef mince** instead of **pork**, cook the recipe in the same way.



Fry the Veg

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **pepper chunks and onion**, season with **salt and pepper** and fry until softened, 4-5 mins.

Put the **hoisin sauce and soy sauce** in a small bowl. Add the **water for the sauce** (see pantry for amount) and mix together.



Get Baking

Pop the **meatballs** onto a large baking tray. When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins.

IMPORTANT: *The meatballs are cooked when no longer pink in the middle.*

Once cooked, remove from the oven and set aside.



Bring it all Together

Stir the remaining **garlic** into the **veg** pan and cook for 1 min, then add the **cooked noodles, baked meatballs and hoisin-soy sauce**.

Mix well to combine and cook until everything's piping hot and the **sauce** has thickened to coat the **noodles**. Taste and season with **salt and pepper** if needed. Add a splash of **water** if it feels a little dry.



Prep Time

Meanwhile, bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **noodles**.

Halve the **green pepper** and discard the core and seeds. Chop into 3cm chunks.

Halve and peel the **onion**, then cut each half into 3 wedges.

When boiling, add the **noodles** to the **water** and cook until tender, 4 mins. Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Finish and Serve

Remove the pan from the heat and stir in a splash of the **rice vinegar**. Taste and add more **vinegar, salt, and pepper** if you feel it needs it.

Share the **noodles and meatballs** between your serving bowls and sprinkle over the **sesame seeds**.

Enjoy!