



# Chinese Style Glazed Meatballs with Five Spice Chips

Classic 35-40 Minutes • Mild Spice • 1 of your 5 a day

5



Potatoes



Chinese Five Spice



Garlic Clove



Panko Breadcrumbs



Pork Mince



Rice Vinegar



Roasted White Sesame Seeds



Red Pepper Chilli Jelly



Honey



Green Beans



Beef Mince

### Pantry Items

Oil, Salt, Pepper

### CUSTOM RECIPE

If you chose to swap or upgrade your 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

Baking tray, garlic press, bowl, frying pan, kettle, saucepan and colander.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Panko Breadcrumbs <b>13)</b>	10g	25g	30g
Pork Mince**	240g	360g	480g
Rice Vinegar	15ml	22ml	30ml
Roasted White Sesame Seeds <b>3)</b>	5g	7g	10g
Red Pepper Chilli Jelly	50g	75g	100g
Honey	15g	23g	30g
Green Beans**	150g	200g	300g
Beef Mince**	240g	360g	480g

Pantry	2P	3P	4P
Salt for the Breadcrumbs*	½ tsp	½ tsp	1 tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 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	475g	100g	475g	100g
Energy (kJ/kcal)	2643 /632	556 /133	2417 /578	509 /122
Fat (g)	28.7	6.0	22.1	4.6
Sat. Fat (g)	10.1	2.1	8.8	1.8
Carbohydrate (g)	66.7	14.0	66.5	14.0
Sugars (g)	23.0	4.9	22.8	4.8
Protein (g)	31.0	6.5	34.2	7.2
Salt (g)	2.05	0.43	2.1	0.44

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

## Allergens

**3) Sesame 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [helloworldfresh.co.uk](https://helloworldfresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



### 1 Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, then sprinkle over **half** the **Chinese Five Spice** and season with **salt** and **pepper**. Toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the middle shelf until golden, 30-35 mins. Turn halfway through.



### 4 Add the Flavour

Once the **oil** is hot, add the remaining **garlic** to the pan and stir-fry for 30 secs. Stir through the **rice vinegar**, **sesame seeds**, **red pepper chilli jelly**, **honey** and **water for the sauce** (see pantry for amount).

**TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**

Bring to the boil, stir and lower the heat to a simmer. Cook until the **sauce** has thickened, 6-8 mins. When the **meatballs** are ready, toss them through the **sauce** until evenly coated. Keep on a low heat until you're ready to serve.



### 2 Roll Up, Roll Up

Meanwhile, peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine **half** the **garlic**, the remaining **Chinese Five Spice**, **breadcrumbs** and the **salt** and **water for the breadcrumbs** (see pantry for both amounts).

Add the **pork mince**. 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.



### 5 Bring on the Beans

Meanwhile, boil a half-full kettle and trim the **green beans**. Pour the **boiled water** into a saucepan with **½ tsp salt** and heat on high.

Bring it back to the boil, then add the **beans** and cook until just tender, 4-6 mins.

Drain in a colander, then return to the saucepan. Season with **salt** and **pepper**. Toss in some **olive oil** if you'd like.



### 3 Bake the Meatballs

When the **chips** are halfway through cooking, push them to one side and add the **meatballs** to the tray (use another tray if necessary).

Bake on the top shelf of your oven until the meatballs are browned on the outside and cooked through, 12-15 mins. **IMPORTANT: The meatballs are cooked when no longer pink in the middle.**

While everything cooks, heat a drizzle of **oil** in a frying pan on medium heat.



### 6 Serve

Share the **sticky glazed meatballs** between your serving plates.

Serve with the **Chinese Five Spice chips** and **green beans** alongside.

### Enjoy!