



Chilli Glazed Meatballs and Noodles with Green Beans and Lime

Family 30-35 Minutes • Mild Spice • 1 of your 5 a day

9



Green Beans



Garlic Clove



Lime



Panko Breadcrumbs



Beef Mince



Egg Noodle Nest



Red Pepper
Chilli Jelly



Ketjap Manis



Soy Sauce

Pantry Items
Oil, Salt, Pepper

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, fine grater, bowl, baking tray, saucepan, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	150g	230g	300g
Garlic Clove**	2	3	4
Lime**	½	1	1
Panko Breadcrumbs 13)	10g	15g	20g
Beef Mince**	240g	360g	480g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Red Pepper Chilli Jelly	50g	62g	100g
Ketjap Manis 11)	25g	38g	50g
Soy Sauce 11) 13)	15ml	25ml	30ml

Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	¾ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	335g	100g
Energy (kJ/kcal)	2711 /648	810 /194
Fat (g)	21.0	6.3
Sat. Fat (g)	8.7	2.6
Carbohydrate (g)	78.1	23.4
Sugars (g)	23.7	7.1
Protein (g)	38.6	11.5
Salt (g)	4.06	1.21

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

Allergens

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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Get Prepped

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

Trim the **green beans**, then cut into thirds.

Peel and grate the **garlic** (or use a garlic press).

Zest the **lime** and cut into wedges.



Bring on the Beans

Meanwhile, heat a drizzle of **oil** in a large frying pan.

Once hot, add the **green beans** and stir-fry until slightly charred, 4-5 mins.

Add the remaining **garlic** and cook for 1 min.

Stir in the **red pepper chilli jelly**, **ketjap manis**, **soy sauce** and **water for the sauce** (see pantry for amount). Bring to the boil, then reduce to a simmer and cook until slightly reduced, 2-3 mins.



Make your Meatballs

In a large bowl, combine the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince** and **half the garlic**.

Season with **pepper** and mix together with your hands. Roll into even-sized balls, 5 per person, and pop onto a baking tray.

When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. They're cooked when no longer pink in the middle.



Combine and Stir

Add the **cooked noodles** and **meatballs** to the **green beans** and stir until everything's well coated in the **sauce**.

Add a squeeze of **lime juice** to taste.



Cook the Noodles

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

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

Share your **chilli glazed meatballs and noodles** between your bowls.

Finish with a sprinkling of **lime zest** and serve with any remaining **lime wedges** for squeezing over.

Enjoy!