



Soy, Ginger & Lime Meatballs with Sticky Noodles and Peanuts

Calorie Smart 40 Minutes • Under 600 Calories

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Carrot



Garlic Clove



Coriander



Salted Peanuts



Lime



Pork Mince



Panko Breadcrumbs



Soy Sauce



Ginger Puree



Egg Noodle Nest



Mangetout



Ketjap Manis

Before you start

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

Cooking tools

Saucepan, garlic press, fine grater, bowl, sieve, frying pan and kitchen paper.

Ingredients

	2P	3P	4P
Carrot**	1	2	2
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	25g	40g	40g
Lime**	1	1	1
Pork Mince**	240g	360g	480g
Panko Breadcrumbs 13)	10g	25g	25g
Soy Sauce 11) 13)	25ml	50ml	50ml
Ginger Puree	1 sachet	1 sachet	2 sachets
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Mangetout**	80g	150g	150g
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	390g	100g
Energy (kJ/kcal)	2282/545	586/140
Fat (g)	24	6
Sat. Fat (g)	7	2
Carbohydrate (g)	50	13
Sugars (g)	21	5
Protein (g)	33	8
Salt (g)	4.72	1.21

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

1) Peanut 8) Egg 11) Soya 13) 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.

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Get Prepped

Bring a large saucepan of **water** to the boil on medium-high heat with $\frac{1}{2}$ **tsp salt**. Trim the **carrot**, then halve lengthways (no need to peel). Thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all), then roughly chop the **peanuts**. Zest and halve the **lime**.



Fry the Meatballs

Meanwhile, heat a drizzle of **oil** in a large frying pan or wok on medium-high heat. Once hot, add the **meatballs** and fry, turning occasionally until browned on the outside and cooked through, about 10 mins. **IMPORTANT:** *The meatballs are cooked when no longer pink in the middle.* Once cooked, transfer to a plate lined with kitchen paper to absorb any excess oil.



Make the Meatballs

Put the **pork mince** in a bowl, add the **panko breadcrumbs**, a **third of the soy sauce**, **half the ginger puree** and a grind of **pepper**. Mix together with your hands until completely combined, then shape into small **meatballs** (5 per person). Pop them on a plate. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



Build your Stir-Fry

Add a little more **oil** to the pan along with the **carrot** and **mangetout** and stir-fry until softened, 3-4 mins. Turn the heat to medium, add the **garlic** and remaining **ginger puree** to the **veg**, then cook for 1 min more. Stir in the **ketjap manis** to the pan along with the remaining **soy sauce**. Squeeze in **half the lime juice** and a splash of **water**. Add the **meatballs**, **lime zest** and **cooked noodles**, then toss everything together. Cook until piping hot, 2-3 mins.



Cook the Noodles

When boiling, add the **noodles** to the **water** and bring back to the boil. Cook until tender, 4 mins. Once cooked, drain in a sieve. **TIP:** *Run the noodles under cold water to stop them sticking together.*



Finish and Serve

Serve your **meatball stir-fry** in bowls with the **coriander** and **peanuts** sprinkled on top. Cut the remaining **lime** into wedges and serve on the side for squeezing over.

Enjoy!

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