



Soy, Ginger & Lime Pork Meatballs with Sticky Noodles

Calorie Smart 35-40 Minutes • 1 of your 5 a day • Under 650 Calories

26



Carrot



Garlic Clove



Ginger



Coriander



Lime



Pork Mince



Panko
Breadcrumbs



Egg Noodle Nest



Sugar Snap Peas



Ketjap Manis



Soy Sauce

Pantry Items
Salt

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, colander, frying pan, kitchen paper and measuring jug.

Ingredients

	2P	3P	4P
Carrot**	1	2	2
Garlic Clove**	1	2	2
Ginger**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1	1
Pork Mince**	240g	360g	480g
Panko Breadcrumbs 13)	10g	25g	25g
Salt for the Meatballs*	¼ tsp	½ tsp	½ tsp
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Sugar Snap Peas**	150g	150g	150g
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	25ml	50ml	50ml
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	411g	100g
Energy (kJ/kcal)	2620 /626	638 /152
Fat (g)	18	4
Sat. Fat (g)	6	2
Carbohydrate (g)	81	20
Sugars (g)	22	5
Protein (g)	36	9
Salt (g)	5.84	1.42

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

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.

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Get Prepped

Bring a large saucepan of **water** to the boil on medium-high heat. Trim the **carrot**, then halve lengthways (no need to peel). Thinly slice widthways. Peel and grate the **garlic** (or use a garlic press), peel and grate the **ginger**. Roughly chop the **coriander** (stalks and all). 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, 10-12 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** into a large bowl. Add the **panko breadcrumbs**, **salt for the meatballs** (see ingredients for amount), **half the ginger** and a grind of **pepper**. Mix together with your hands until completely combined, then shape into small **meatballs** (5 per person). Pop them onto a plate. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



Combine and Stir

Add a little more **oil** to the (now empty) pan along with the **carrot** and **sugar snap peas** and stir-fry until softened, 3-4 mins. Turn the heat to medium, add the **garlic** and remaining **ginger** to the **veg**, cook for 1 min more. Add the **ketjap manis**, **soy sauce** and **water for the sauce** (see ingredients for amount) to the pan. Squeeze in **half the lime juice**. Add the **meatballs**, **lime zest** and **cooked noodles**, then toss everything together. Cook until piping hot, 2-3 mins.



Cook the Noodles

Add the **noodles** to the pan of **boiling water** and simmer until tender, 4 mins, then drain in a colander. **TIP:** *Run the noodles under cold water to stop them sticking together.*



Finish and Serve

Serve the **meatballs** and **noodles** in your bowls with the **coriander** sprinkled on top. Cut the remaining **lime** into **wedges** and serve alongside for squeezing over.

Enjoy!

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