



Spicy Szechuan Pork Meatballs with Noodles and Crispy Shallots

Classic 30-35 Minutes • Medium Spice • 1 of your 5 a day

43



Garlic Clove



Echalion Shallot



Panko Breadcrumbs



Pork Mince



Green Beans



Egg Noodle Nest



Szechuan Paste



Sweet Chilli Sauce



Soy Sauce



Ketjap Manis



Beef Mince

Recipe Update

Due to quality issues with **sugar snap peas**, you'll instead receive **green beans**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper, Plain Flour

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

Saucepan, garlic press, bowl, baking tray, kitchen paper, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Echalion Shallot**	½	1	1
Panko Breadcrumbs 13)	10g	25g	25g
Pork Mince**	240g	360g	480g
Green Beans**	80g	150g	150g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Szechuan Paste 11)	1 sachet	1 sachet	2 sachets
Sweet Chilli Sauce	64g	96g	128g
Soy Sauce 11) 13)	25ml	25ml	50ml
Ketjap Manis 11)	25g	37g	50g
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Plain Flour*	½ tbsp	¾ tbsp	1 tbsp
Salt for the Breadcrumbs*	¼ tsp	¼ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	308g	100g	308g	100g
Energy (kJ/kcal)	2952 /705	959 /229	2726 /651	886 /212
Fat (g)	27.4	8.9	20.8	6.8
Sat. Fat (g)	9.9	3.2	8.6	2.8
Carbohydrate (g)	79.0	25.7	78.7	25.6
Sugars (g)	23.7	7.7	23.4	7.6
Protein (g)	35.6	11.6	38.9	12.6
Salt (g)	5.29	1.72	5.34	1.73

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.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!



Get Prepped

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

Bring a large saucepan of water to the boil with ½ tsp salt for the **noodles**.

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

Halve, peel and thinly slice the **shallot**. Separate the slices and pop into a small bowl with the **flour** (see pantry for amount). Season with **salt and pepper**, toss to coat, then set aside.



Bring on the Noodles

Trim and halve the **green beans**.

Once your pan of **water** is boiling, add the **noodles** and cook until tender, 4 mins.

Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Make your Meatballs

In another medium bowl, combine the **breadcrumbs**, **half the garlic**, the **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**.

Season with **pepper** and mix together with your hands. Roll into even-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**, prepare and cook the recipe in the same way.



Time to Stir-Fry

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

Once hot, add the **green beans**, season with **salt and pepper**, then stir-fry until softened, 4-5 mins. Add the remaining **garlic**, then cook for 1 min more.

Stir in the **Szechuan paste** (add less if you'd prefer things milder), **sweet chilli sauce**, **soy sauce**, **ketjap manis** and **water for the sauce** (see pantry for amount), then add the **cooked meatballs** and bring to the boil.



Bake and Fry

When the oven is hot, pop the **meatballs** onto a large baking tray and 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.

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

Once hot, add the **shallot** and stir-fry until golden and crispy, 2-3 mins. Transfer to a plate lined with kitchen paper, then set aside.



Glaze and Serve

Cook until the **sauce** has reduced slightly, 1-2 mins. Stir carefully to glaze the **meatballs**.

Add the **cooked noodles** to the pan and stir until everything's combined and piping hot, 1 min.

When ready, share between your bowls and sprinkle over the **crispy shallots** to finish.

Enjoy!