



Super Spicy Szechuan Pork Meatballs with Noodles and Crispy Shallots

Classic 30-35 Minutes • Very Hot • 2 of your 5 a day

9



Garlic Clove



Echalion Shallot



Panko Breadcrumbs



Pork Mince



Bell Pepper



Pak Choi



Egg Noodle Nest



Szechuan Paste



Sweet Chilli Sauce



Soy Sauce



Ketjap Manis

Pantry Items

Oil, Salt, Pepper, Plain Flour

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, colander 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
Bell Pepper***	1	2	2
Pak Choi**	1	1	2
Egg Noodle Nest 8 13	2 nests	3 nests	4 nests
Szechuan Paste 11	75g	100g	150g
Sweet Chilli Sauce	64g	96g	128g
Soy Sauce 11 13	25ml	25ml	50ml
Ketjap Manis 11	25g	37g	50g

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 ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	455g	100g
Energy (kJ/kcal)	3238 / 774	712 / 170
Fat (g)	27.8	6.1
Sat. Fat (g)	9.9	2.2
Carbohydrate (g)	93.9	20.7
Sugars (g)	35.9	7.9
Protein (g)	37.3	8.2
Salt (g)	7.10	1.56

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.

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

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **pak choi**, then thinly slice widthways.

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

Once cooked, drain in a colander and set aside.

TIP: Run the noodles under cold water to stop them sticking together.



Make your Meatballs

In another medium bowl, combine the **breadcrumbs**, **half the garlic**, **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.



Time to Stir-Fry

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

Once hot, add the **sliced pepper**, season with **salt** and **pepper**, then stir-fry until softened, 4-5 mins.

Add the **pak choi** and remaining **garlic**, then cook for 1 min more.

Stir in the **Szechuan paste** (use 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 your 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 the **oil** is hot, add the **shallot** and stir-fry until golden and crispy, 2-3 mins. Transfer to a plate lined with kitchen paper, season with **salt**, 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!