



2

Chilli Glazed Meatballs and Noodles

with Mangetout and Lime

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



Garlic Clove



Lime



Breadcrumbs



Indonesian Style Spice Mix



Beef Mince



Egg Noodle Nest



Mangetout



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. Ingredients in red are hot!

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Lime**	½	1	1
Breadcrumbs 13)	15g	20g	25g
Indonesian Style Spice Mix	1 sachets	1 sachets	2 sachets
Beef Mince**	240g	360g	480g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Mangetout**	150g	230g	300g
Red Pepper Chilli Jelly	50g	62g	100g
Ketjap Manis 11)	25g	37g	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 for uncooked ingredient	Per serving 406g	Per 100g 100g
Energy (kJ/kcal)	2807 / 671	691 / 165
Fat (g)	21.3	5.2
Sat. Fat (g)	8.9	2.2
Carbohydrate (g)	82.1	20.2
Sugars (g)	24.4	6.0
Protein (g)	40.3	9.9
Salt (g)	4.34	1.07

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Peel and grate the **garlic** (or use a garlic press). Zest the **lime** and cut into wedges (see ingredients for amount).



Make your Meatballs

In a large bowl, combine the **breadcrumbs**, **Indonesian style spice mix**, **lime zest**, **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. The meatballs are cooked when no longer pink in the middle.



Bring on the Mangetout

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

Once hot, add the **mangetout** to the pan and stir-fry until almost tender, 1-2 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.



Combine and Stir

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

Add a squeeze of **lime juice** from a **lime wedge**.



Cook the Noodles

Meanwhile, bring a large saucepan of **water** to the boil with **½ 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.

Serve with any remaining **lime wedges** for squeezing over.

Enjoy!