



# Spicy Szechuan Glazed Pork Meatballs with Noodles and Crispy Shallots

Calorie Smart 30 Minutes • Very Hot • 1 of your 5 a day • Under 600 calories

N° 25



Echalion Shallot



Plain Flour



Panko Breadcrumbs



Soy Sauce



Pork Mince



Bell Pepper



Bok Choy



Garlic Clove



Noodles



Szechuan Paste

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Bowl, Frying Pan, Baking Tray, Garlic Press and Sieve.

## Ingredients

	2P	3P	4P
Echalion Shallot**	½	1	1
Plain Flour <b>13)</b>	4g	8g	8g
Panko Breadcrumbs <b>13)</b>	10g	25g	25g
Soy Sauce <b>11) 13)</b>	1 sachet	1 sachet	2 sachets
Pork Mince**	240g	360g	480g
Bell Pepper***	1	2	2
Bok Choy**	1	1	2
Garlic Clove	2	3	4
Noodles <b>8) 13)</b>	2 nests	3 nests	4 nests
Szechuan Paste <b>11)</b>	75g	100g	150g
Water for the Sauce*	50ml	75ml	100ml

\*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

	Per serving	Per 100g
for uncooked ingredient	408g	100g
Energy (kJ/kcal)	1751 / 418	429 / 103
Fat (g)	18	4
Sat. Fat (g)	6	2
Carbohydrate (g)	36	9
Sugars (g)	10	3
Protein (g)	29	7
Salt (g)	3.71	0.91

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**8)** Egg **11)** Soya **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Start the Prep

Preheat your oven to 200°C, bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Halve, peel and thinly slice the **shallot**. Separate the slices and pop into a bowl. Season with **salt** and **pepper** and add the **flour**. Mix together to coat the **shallot**. Pop the **panko breadcrumbs** into a bowl. Add **half the soy sauce** and mix together. Add the **pork mince**. Season with **pepper**. Using your hands, mix everything together until very well combined. Form the mixture into evenly sized balls, 4 per person. **IMPORTANT:** Wash your hands after handling raw meat.



## Cook the Noodles

Once the **water** is boiling, add the **noodles** and cook until tender, 4 mins. Drain in a sieve. **TIP:** Run the noodles under cold water to stop them sticking together then set aside.



## Bake the Meatballs

Heat a glug of **oil** in a large frying pan on medium-high heat. Once the **oil** is hot, add the **shallot** and stir-fry for 1 minute, until golden brown and crispy. Transfer to a plate covered in kitchen paper, season with **salt** and set aside. Pop the **meatballs** on a large baking tray and bake on the top shelf of your oven until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



## Cook the Veg

Pop your frying pan back on medium-high heat. Once hot, add the **pepper** slices, season with **salt** and **pepper** and stir-fry until softened, 4-5 mins. Add the **bok choy** and **garlic**, stir and cook for 1 minute, then pour in the **Szechuan paste**, **water** (see ingredients for amount) and remaining **soy sauce**. Once cooked, add the **meatballs** into your pan.



## Finish the Prep

While the **meatballs** cook, halve the **pepper** and discard the core and **seeds**. Slice into thin strips. Trim the **bok choy** then thinly slice widthways. Peel and grate the garlic (or use a **garlic press**).



## Finish and Serve

Bring to the boil and carefully stir to combine and coat the **meatballs** in the **sauce**. Cook until the **sauce** has reduced slightly and the **meatballs** are piping hot, 1-2 mins. Add the **noodles** to the **sauce** and carefully combine everything together. Serve the **noodles** in bowls with the **crispy shallot** on top.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.