



Spicy Szechuan Glazed Pork Meatballs

with Noodles and Crispy Shallots

Calorie Smart 35 Minutes • Very Hot! • 1 of your 5 a day • Under 600 Calories

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Echalion Shallot



Garlic Clove



Plain Flour



Panko Breadcrumbs



Soy Sauce



Pork Mince



Bell Pepper



Bok Choy



Noodles



Szechuan Paste

Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Echalion Shallot**	½	1	1
Garlic Clove	2	3	4
Plain Flour 13)	4g	8g	8g
Panko Breadcrumbs 13)	10g	25g	25g
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Pork Mince**	240g	360g	480g
Bell Pepper***	1	2	2
Bok Choy**	1	1	2
Noodles 8) 13)	2 nests	3 nests	4 nests
Szechuan Paste 11)	100g	150g	200g
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	423g	100g
Energy (kJ/kcal)	1802/431	427/102
Fat (g)	18	4
Sat. Fat (g)	6	2
Carbohydrate (g)	38	9
Sugars (g)	12	3
Protein (g)	30	7
Salt (g)	4.56	1.08

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

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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HelloFresh UK

Packed in the UK

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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**. Peel and grate the **garlic** (or use a garlic press). 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** and **half the garlic** into a bowl. Add **half the soy sauce** and mix together. Add the **pork mince**, season with **pepper**. Using your hands, mix together until 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.



Fry

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 the remaining **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.



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.

