



Super Spicy Szechuan 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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Garlic Clove



Echalion Shallot



Panko Breadcrumbs



Pork Mince



Bell Pepper



Bok Choy



Egg Noodle Nest



Szechuan Paste



Sweet Chilli Sauce



Soy Sauce



Ketjap Manis

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, Garlic Press, Bowl, Baking Tray, Frying Pan,
Kitchen Paper, Colander and Measuring Jug.

Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Echalion Shallot**	½	1	1
Plain Flour*	½ tbsp	¾ tbsp	1 tbsp
Panko Breadcrumbs 13	10g	25g	25g
Pork Mince**	240g	360g	480g
Salt*	¼ tsp	¼ tsp	½ tsp
Bell Pepper***	1	2	2
Bok Choy**	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	1 sachet	1½ sachet	2 sachets
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

	Per serving	Per 100g
for uncooked ingredient	455g	100g
Energy (kJ/kcal)	2153/515	473/113
Fat (g)	18	4
Sat. Fat (g)	6	1
Carbohydrate (g)	59	13
Sugars (g)	31	7
Protein (g)	30	7
Salt (g)	5.94	1.30

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

8) Egg 11) Soya 13) 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.

Having trouble with your WW QR code? You can type this
recipe name into the search bar in the WW app to see your
unique PersonalPoints™ value.

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Packed in the UK

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Start the Prep

Preheat your oven to 200°C and bring a large
saucepan of **water** to the boil with **½ tsp 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 small bowl with the
flour (see ingredients for amount). Season with
salt and **pepper**, toss to coat the **shallot** then set
aside. In another medium bowl, add the **panko**
breadcrumbs, **pork mince** and **half the garlic**.
Season with **salt** (see ingredients for amount) and
pepper. Using your hands, mix together until well
combined. Shape the **mixture** into evenly sized
balls, 4 per person. **IMPORTANT: Wash your hands**
and equipment after handling raw mince.



Cook the Noodles

Once the **water** is boiling, add the **noodles** and
bring back to the boil. Cook until tender, 4 mins.
Drain in a colander. **TIP: Run the noodles under cold**
water to stop them sticking together. Set aside.



Bake and Fry

Pop the **meatballs** onto 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. 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
covered in kitchen paper, season with **salt** then
set aside.



Stir-Fry the Veg

Pop your (now empty) frying pan back on medium-
high heat. Once hot, add the **sliced pepper**,
season, then stir-fry until softened, 4-5 mins. Add
the **bok choy** and remaining **garlic**. Stir and cook
for 1 min, then pour in the **Szechuan paste**, **sweet**
chilli sauce, **soy sauce**, **ketjap manis** and **water**
for the sauce (see ingredients for amount). Then
add the **meatballs** to your pan.



Get Chopping

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 the **sauce** to the boil and carefully stir to
glaze the **meatballs**. Cook until the **sauce** has
reduced slightly and the **meatballs** are piping hot,
1-2 mins. Add the **noodles** to the pan and stir to
combine everything together. When piping hot,
serve in bowls, topped with the **crispy shallots**.

Enjoy!

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