HELLO FRESH

Garlic Pork Meatball Noodles
with bell pepper and pak choi

30 — 35 mins • Spicy

Irish Pork Mince

Pak Choi

Garlic

Onion

Bell Pepper

Sweet Chilli Sauce

Ketjap Manis

Soy Sauce

Breadcrumbs

Red Thai Style Paste

Udon Noodles

Pantry Items: Salt, Oil, Pepper, Water

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2025-W03

Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need
Grater

Ingredients

	2P	4P
Irish Pork Mince	240 g	480 g
Pak Choi	1 unit	2 units
Garlic	2 units	4 units
Onion	1 unit	2 units
Bell Pepper	1 unit	2 units
Sweet Chilli Sauce	1 sachet	1 sachet
Ketjap Manis	1 sachet	2 sachets
Soy Sauce	1 sachet	2 sachets
Breadcrumbs	1 pack	1 pack
Red Thai Style Paste	1 sachet	2 sachets
Udon Noodles	300 g	600 g

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	463.8 kJ/ 110.8 kcal
Fat (g)	3 g
Sat. Fat (g)	1 g
Carbohydrate (g)	14.5 g
Sugars (g)	3.2 g
Protein (g)	6.5 g
Salt (g)	1.1 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

1

Make the Meatballs

- Peel and grate the **garlic** (or use a garlic press).
- Add the **breadcrumbs**, **pork mince** and **half** the **garlic** to a medium bowl.
- Season with ½ tsp **salt** (per 2P) and **pepper**.
- Using your hands, mix together until well combined.
- Shape into evenly-sized balls, 3-4 per person. IMPORTANT: Wash hands and equipment after handling raw mince.

2

Fry the Meatballs

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the meatballs and fry until browned all over and cooked through, shifting as they colour, 10-12 mins. IMPORTANT: Meatballs are cooked when no longer pink in the middle.
- Set aside and cover to keep warm. Reserve the pan to use later.

3

Get Prepped

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Trim the **pak choi**, quarter lengthways and separate the leaves.
- Halve, peel and thinly slice the **onion**.

4

Start the Sauce

- Return the pan to medium-high heat with a drizzle of **oil** if necessary.
- Once hot, fry the **onion** and **bell pepper** until softened, 4-5 mins.
- Add remaining **garlic**, cook for 1 min, then add the **red Thai paste**, **sweet chilli sauce**, **soy sauce**, **ketjap manis** and 75ml **water** (per 2P).
- Add the **meatballs** and **pak choi** then bring to the boil. Carefully stir to wilt the **pak choi**.
- Cook until the sauce has reduced slightly and the meatballs are warmed, 1-2 mins.
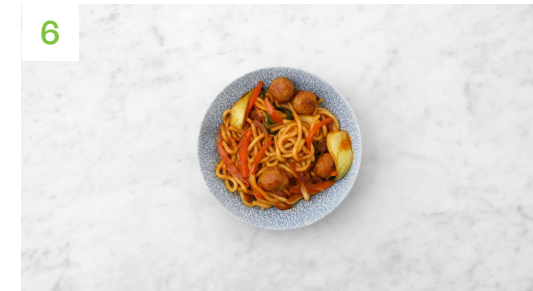
5

Add the Noodles

- Carefully separate the **noodles** with your hands.
- Add the **noodles** to the pan and stir until everything is well combined and warmed through, 1 min.
- Loosen the sauce with a splash of **water** if you feel it's too thick.

6

Finish and Serve

- Taste your dish and season with **salt** and **pepper** if required.
- When everything is ready, divide your **garlic pork noodles** between bowls.

Enjoy!