

# Char Siu Pork Meatballs & Noodle Bowl

with Spinach & Crushed Peanuts

NEW



### Recipe Update

Unfortunately, this week's crispy shallots were in short supply, so we've replaced them with crushed peanuts. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Grab your Meal Kit with this symbol



Carrot



Zucchini



Pork Mince



Ginger Lemongrass Paste



Fine Breadcrumbs



Udon Noodles



Char Siu Paste



Oyster Sauce



Baby Spinach Leaves



Crushed Peanuts



Beef Mince

Prep in: **25-35 mins**  
Ready in: **30-40 mins**

A noodle bowl is the tastiest and homiest dinner that not only is quick and easy but also brimming with flavour. This one is no different, loaded with our favourite veggies and char siu pork meatballs. Have your chopsticks at the ready, because this one will be slurped down as soon as it is plated up!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Vinegar (Rice Wine or White Wine), Soy Sauce



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
zucchini	1	2
pork mince	1 small packet	1 medium packet
ginger	½ packet	1 packet
lemongrass paste (20g)		(40g)
fine breadcrumbs	1 medium packet	1 large packet
udon noodles	1 packet	2 packets
char siu paste	1 medium packet	1 large packet
oyster sauce	1 packet (50g)	1 packet (100g)
<b>vinegar*</b> (rice wine or white wine)	½ tbs	1 tbs
<b>soy sauce*</b>	1 tbs	2 tbs
baby spinach leaves	1 small bag	1 medium bag
crushed peanuts	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2735kJ (654Cal)	558kJ (133Cal)
Protein (g)	38.4g	7.8g
Fat, total (g)	22.7g	4.6g
- saturated (g)	8g	1.6g
Carbohydrate (g)	76.7g	15.6g
- sugars (g)	28.5g	5.8g
Sodium (mg)	2045mg	417mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2761kJ (660Cal)	563kJ (135Cal)
Protein (g)	41.8g	8.5g
Fat, total (g)	21.8g	4.4g
- saturated (g)	8.4g	1.7g
Carbohydrate (g)	76.7g	15.6g
- sugars (g)	28.5g	5.8g
Sodium (mg)	2047mg	417mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Boil the kettle. Thinly slice **carrot** and **zucchini** into half-moons.
- In a medium bowl, combine **pork mince**, **ginger lemongrass paste** (see ingredients), **fine breadcrumbs** and a good pinch of **salt** and **pepper**.
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.

**TIP:** The ginger paste helps to bind the meatballs!

**Custom Recipe:** If you've swapped to beef mince, prepare the beef mince the same as the pork mince.



## Cook the meatballs

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).

**TIP:** For best results, drain the oil from the pan before cooking the sauce.

**Custom Recipe:** Cook beef meatballs in the same way as the pork meatballs. For best results, drain the oil from the pan before cooking the sauce.



## Cook the udon noodles

- Half-fill a medium saucepan with boiling water.
- Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**.
- In the **last minute** of cook time, gently stir **noodles** with a fork to separate. Drain, rinse and set aside.



## Bring it all together

- To pan with the **meatballs**, add **noodles**, **veggies**, **char siu paste**, **oyster sauce**, the **vinegar**, the **soy sauce** and a splash of **water**, stirring to combine, **1 minute**.
- Remove from heat, and stir in **baby spinach leaves**, until combined.



## Cook the veggies

- Meanwhile, in a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **zucchini**, tossing, until tender, **4-5 minutes**. Season.
- Transfer to a bowl and cover to keep warm.



## Serve up

- Divide **char siu pork meatballs**, **noodles** and **veggies** between bowls.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)