

for the
little onesCRISPY Beef MINCE
& NOODLE Stir Fry

MILD thai MeatBALL Noodles

Tasty massaman meatballs served over egg noodles with stir-fried veggies and crunchy peanuts.



35 Minutes



PORK



2 Servings

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	49g	55g

FROM YOUR BOX

PORK MINCE	500g
MASSAMAN PASTE	1 sachet
EGG NOODLES	150g
RED CAPSICUM	1
SHREDDED CABBAGE	250g
SPRING ONIONS	1 bunch
LIME	1
PEANUTS	40g
COCONUT MILK	165ml

FROM YOUR PANTRY

oil for cooking, fish sauce, brown sugar

COOKING TOOLS

large frypan, saucepan

Make mini patties instead of meatballs if you like!

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option - egg noodles are replaced with bean thread vermicelli noodles.



1. Make the meatBALLS

Bring a saucepan of water to the boil for the **noodles**.

Combine **pork mince**, **1/2 tbsp fish sauce** and **1 tbsp massaman paste**. Roll into **meatballs** using a tablespoon measure.

tip Use wet hands to prevent sticking.



4. Stir Fry the Veggies

Slice **capsicum** and **spring onions**. Add to the reserved frypan with **shredded cabbage** (use to taste) and **1 tbsp oil**, stir-fry for 2 minutes. Stir in remaining **massaman paste**, cook for 1 minute, then add **coconut milk**.



2. Cook the meatBALLS

Heat **oil** in a large frypan over medium-high heat. Add **meatballs** and cook, turning, until golden and cooked through. Remove from pan and set aside (reserve pan).



5. Toss Noodles and Veg

Season the **vegetables** with **1/2 tbsp fish sauce**, **1/2-1 tbsp sugar**, **zest and juice from 1/2 lime** (use all to taste).

Toss in **cooked noodles** until coated and warmed through. Remove from heat.



3. Boil the Noodles

Meanwhile, add **egg noodles** to boiling water and cook according to packet instructions. Drain and set aside.



6. Finish and Serve

Serve **noodle stir-fry** between bowls and top with **meatballs**. Serve with remaining **lime cut into wedges** and a sprinkle of **peanuts**.