



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED

FOR the  
Little ONES



# MILD Thai MeatBALL Noodles

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

35 Minutes PORK 4/6 ServINGS

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve :	22g/27g	29g/36g	44g/52g
4/6 person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
PORK MINCE	500g	2 x 500g
MASSAMAN PASTE	2 sachets	3 sachets
EGG NOODLES	300g	300g + 150g
RED CAPSICUM	1	2
SHREDDED CABBAGE	250g	2 x 250g
SPRING ONIONS	1 bunch	2 bunches
LIME	1	2
PEANUTS	40g	2 x 40g
COCONUT MILK	165ml	400ml

## FROM YOUR PANTRY

oil for cooking, fish sauce, brown sugar

## COOKING TOOLS

large frypan, large 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.

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

**6P** - use 1 sachet massaman and 1 tbsp fish sauce.



### 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).

**6P** - cook the meatballs in batches if needed.



### 3. Boil the NOODLES

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



### 4. StIR FRy the VEGGIES

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

**6P** - use 1 1/2-2 sachets massaman paste.



### 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.

**6P** - use 1 tbsp fish sauce, 1 tbsp sugar, zest and juice from 1 lime.



### 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**.

**6P** - wedge remaining 1 lime to serve.