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## Lamb Hoisin Meatballs with Asian Noodle Salad

Lamb is the slightly unusual twist in these Asian-style meatballs, adding an extra kick of flavour you're going to love. They're perfectly at home with this fresh zingy salad with vermicelli rice noodles.



**Prep:** 15 mins

**Cook:** 20 mins

**Total:** 35 mins



level 1



spicy



high protein

### Pantry Items



Olive Oil



Hot Water



Salt-Reduced Soy Sauce



Sesame Oil



Vermicelli Rice Noodles



Hoisin Sauce



Garlic



Long Red Chilli



Lamb Mince



Green Beans



Carrot



Coriander

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2P	4P	Ingredients
½ packet	1 packet	vermicelli rice noodles
2 tbs	4 tbs	olive oil *
1 tub	2 tubs	hoisin sauce
1 tbs	2 tbs	hot water *
1 tbs	2 tbs	salt-reduced soy sauce *
1 clove	2 cloves	garlic, peeled & crushed
1	2	long red chilli, finely chopped
1 packet	2 packets	lamb mince
1 packet	2 packets	green beans, ends trimmed
1	2	carrot, peeled into ribbons
1 tbs	2 tbs	sesame oil *
½ bunch	1 bunch	coriander, leaves picked & roughly chopped

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2890	Kj
Protein	37.2	g
Fat, total	32.4	g
-saturated	7.8	g
Carbohydrate	61	g
-sugars	17.2	g
Sodium	1030	mg



**You will need:** *chef's knife, chopping board, garlic crusher, vegetable peeler, kettle, large bowl, sieve, small jug or bowl, two medium bowls, medium frying pan, tongs and aluminium foil.*

**1** Bring a full kettle of water to the boil.

**2** Place the **vermicelli rice noodles** in a large bowl and pour over the boiling water. Set aside for **10 minutes**, or until completely softened and heated through. Drain and return to the bowl. Toss the noodles in half the **olive oil** to stop them from sticking. Set aside.



**3** Meanwhile, in a small jug or bowl combine the **hoisin sauce**, **hot water** and **salt-reduced soy sauce**. Set aside.

**4** In a medium bowl combine the **garlic**, **long red chilli** and the **lamb mince** together. Season with **salt** and **pepper**. Roll the lamb mince into meatballs. You should get 4-5 for each person. Set aside.



**5** Heat the remaining olive oil in a medium frying pan over medium heat. Cook meatballs, turning, for **8 minutes**, or until golden and cooked through. Transfer to a second bowl. Cover with foil to keep warm. In the same frying pan, throw in the **green beans**, **carrot** and **sesame oil** and cook for **2-3 minutes**, or until tender. Set aside.



**6** To serve, divide the vermicelli noodles, stir fried vegetables and hoisin lamb patties between plates. Pour over the hoisin dressing and sprinkle with the **coriander**. Enjoy!

**Did you know?** Hoisin in Chinese means 'seafood', but the sauce does not contain any seafood ingredients.