



OCT
2016

Thai Pork Meatballs

with Fresh Noodles and Green Beans

Meatballs get a major flavor upgrade when our special Thai pork seasoning is involved. Oh—and the addition of garlic, ginger, and a sweet-and-salty sesame soy sauce doesn't hurt, either.



Prep: 10 min
Total: 35 min



level 1



nut
free



dairy
free



Garlic



Red Chili
Pepper



Scallions



Green
Beans



Lime



Ground
Pork



Thai
Seasoning



Yakisoba
Noodles




Soy
Sauce



Honey



Sesame
Oil

Ingredients	2 People	4 People	*Not Included
Garlic	1 Clove	2 Cloves	Allergens
Red Chili Pepper 	1	1	1) Shellfish
Scallions	2	2	2) Wheat
Green Beans	6 oz	12 oz	3) Egg
Lime	1	1	4) Soy
Ground Pork	8 oz	16 oz	
Thai Seasoning 1)	1 t	2 t	
Yakisoba Noodles 2) 3)	8 oz	16 oz	
Soy Sauce 4)	2 T	4 T	Tools
Honey	½ T	1 T	Large pot, Medium bowl,
Sesame Oil	1 T	1 T	Large pan and lid, Plate,
Oil*	1 T	2 T	Strainer, Small bowl

Nutrition 2 person Calories: 760 cal | Fat: 30 g | Sat. Fat: 7 g | Protein: 36 g | Carbs: 86 g | Sugar: 10 g | Sodium: 1493 mg | Fiber: 7 g

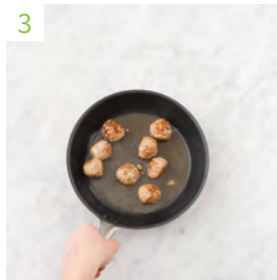
Nutrition 4 person Calories: 718 cal | Fat: 26 g | Sat. Fat: 6 g | Protein: 36 g | Carbs: 83 g | Sugar: 9 g | Sodium: 1490 mg | Fiber: 6 g

1



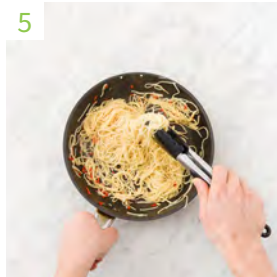
1 Prep: Wash and dry all produce. Bring a large pot of **water** to boil. Mince **garlic**. Finely chop **chili**, removing seeds if you prefer less heat. Thinly slice **scallions**, keeping **greens** and **whites** separate. Trim and cut **green beans** into 1-inch pieces. Halve **lime**.

3



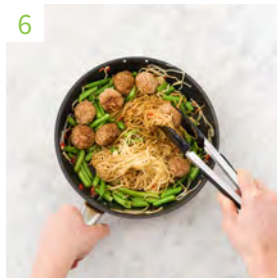
2 Form the meatballs: In a medium bowl, mix together **pork**, **scallion whites**, **Thai seasoning**, half the **garlic**, and a large pinch of **salt** (we used ½ teaspoon kosher salt) and **pepper**. Form into 1-inch **meatballs**.

5



3 Cook the meatballs: Heat a drizzle of **oil** in a large pan over medium-high heat. Add **meatballs** and brown 1-2 minutes per side. Add ¼ **cup water** to pan, cover with a large lid, and steam 2-3 minutes (to cook meatballs through). Uncover and simmer on low until water evaporates. Remove meatballs from pan and set aside on a plate.

6



4 Cook the green beans: Heat another drizzle of **oil** in same pan over medium-high heat. Add **green beans** and toss until crisp-tender, 3-4 minutes. Season with **salt** and **pepper**. Remove from pan and set aside. **TIP:** Add a few Tablespoons water to speed up the process.

5 Cook the noodles: Add half the pack of **noodles** (save the other half for next time) to **water**, stir 2-3 minutes until tender, yet chewy. Drain and rinse under cold water. Add **chili** and remaining **garlic**. Cook until fragrant, about 30 seconds. Add noodles and stir until broken up completely.

6 Toss and serve: Combine **soy sauce**, **honey**, **sesame oil**, and ¼ **cup water** in a small bowl. Heat another drizzle of **oil** in same pan over medium heat. Add **meatballs**, **green beans**, and **soy mixture** to pan. Toss until thoroughly combined and **sauce** has thickened, 1-2 minutes. Top with **scallion greens** and a squeeze of **lime**. Enjoy!