

DINNERLY



🔍 ONE PAN

⚡ FAST

🍏 HEALTHY

Pork Balls with Garlic-Fried Vegetables

🕒 20-30 minutes 🍴 2 Servings

Dig into delicious pork meatballs tossed with a rainbow of glorious veggies. It's light, nourishing and low in carbs, and on the table fast.

WHAT WE SEND

- 4 Italian-style sausages ^{6,17}
- 1 capsicum
- 1 carrot
- 1 bunch pak choy
- 1 red onion

WHAT YOU NEED

- soy sauce ⁶
- Australian honey
- garlic clove
- vegetable oil

TOOLS

- large frypan

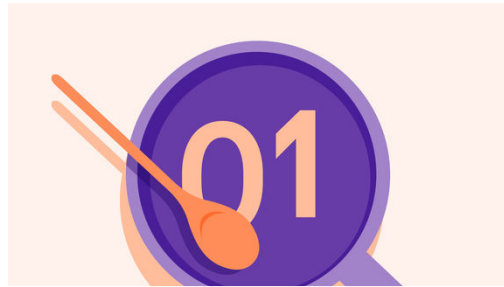
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6), Sulphites (17). May contain traces of other allergens.

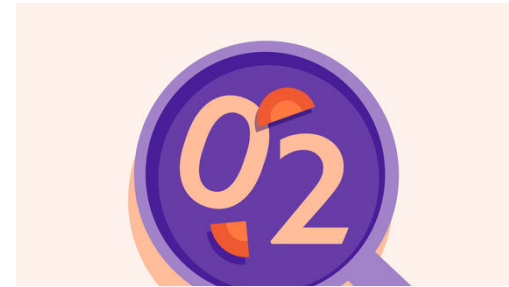
NUTRITION PER SERVING

Energy 585kcal, Fat 40.6g, Carbs 26.7g, Proteins 25.0g



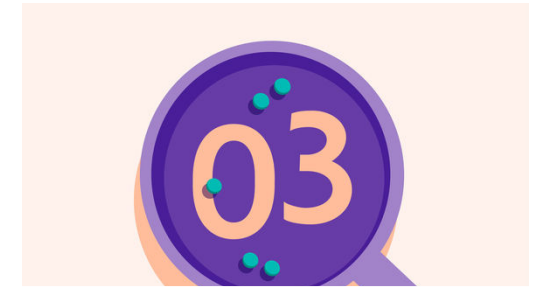
1. Roll pork balls

Squeeze the **sausage** meat from the casings, then roll into 1 tbs-sized balls. Put **2 tbs soy sauce** and **1 tbs honey** in a small bowl and whisk to combine.



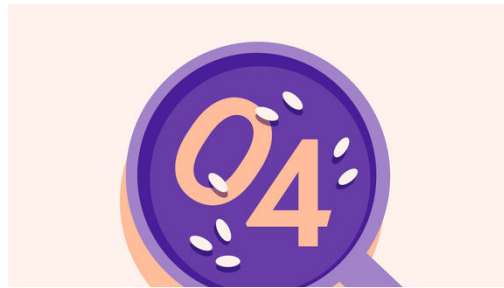
2. Prep veggies

Thickly slice the **capsicum**, discarding the seeds and membrane. Halve the **carrot** lengthwise, then thinly slice. Trim the **pak choy** and cut into 3cm lengths. Thinly slice the **red onion**. Thinly slice **2 garlic cloves**.



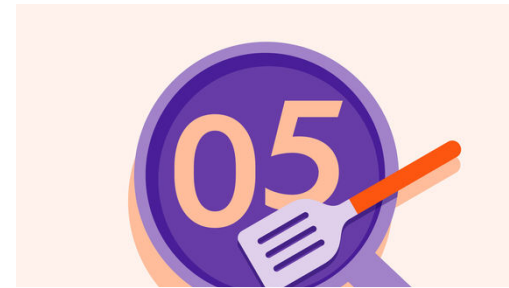
3. Stir-fry pork balls

Heat **2 tsp vegetable oil** in a large frypan over medium-high heat. Stir-fry the **pork balls** for 5-6 mins until browned.



4. Stir-fry veggies

Add the **capsicum, carrot, pak choy, onion** and **garlic** and stir-fry for 2 mins. Add the **soy sauce mixture** and stir-fry for a further 2 mins or until the veggies are almost tender.



5. Serve up

Add **1½ tbs water** to the stir-fry and cook for a further 2-3 mins until the pork is cooked through and the sauce is slightly thickened. Divide the **stir-fry** among plates and enjoy.



6. Make it yours

Add some crunch and heat to the stir-fry by scattering over some toasted sesame seeds, cashews and sliced red chilli.