

# DINNERLY



🔍 ONE PAN

⚡ FAST

🍏 HEALTHY

## Pork Balls with Garlic-Fried Vegetables

🕒 20-30 minutes 🍴 4 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

- 8 Italian-style sausages <sup>6,17</sup>
- 2 capsicums
- 2 carrots
- 2 bunches pak choy
- 1 red onion

## WHAT YOU NEED

- soy sauce <sup>6</sup>
- Australian honey
- garlic clove
- vegetable oil

## TOOLS

- large deep 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.

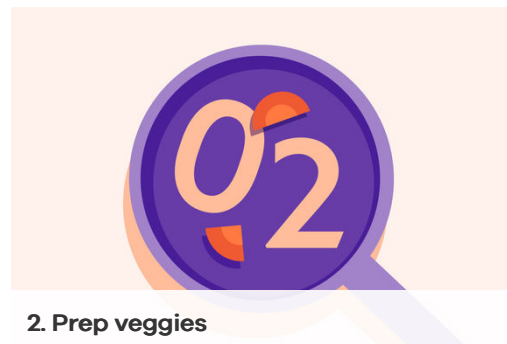
## NUTRITION PER SERVING

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



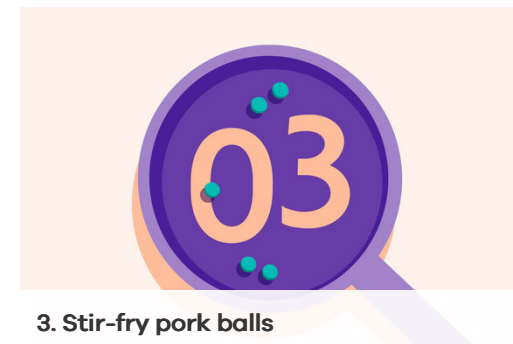
### 1. Roll pork balls

Squeeze the **sausage** meat from the casings, then roll into 1 tbs-sized balls. Put **80ml (1/3 cup) soy sauce** and **2 tbs honey** in a small bowl and whisk to combine.



### 2. Prep veggies

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



### 3. Stir-fry pork balls

Heat **1 tbs vegetable oil** in a large deep frypan over medium-high heat. Stir-fry the **pork balls** for 5-6 mins until browned.



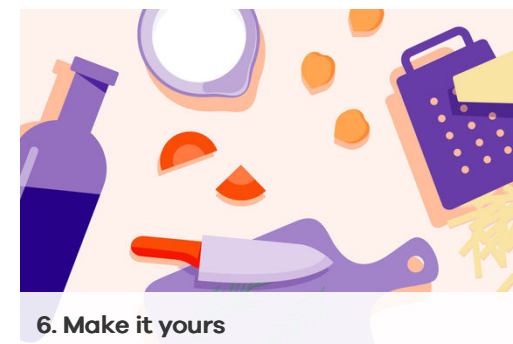
### 4. Stir-fry veggies

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 **60ml (1/4 cup) 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.