



Pho-Style Beef Meatball Soup

with Udon Noodles & Asian Greens

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Udon Noodles



Asian Greens



Spring Onion



Sweetcorn



Beef Mince



Sweet Soy Seasoning



Fine Breadcrumbs



Garlic Paste



Oyster Sauce



Beef-Style Stock Powder



Coriander



Crispy Shallots



Sriracha



Beef Mince

Prep in: 30-40 mins
Ready in: 35-45 mins

Be transported to the streets of Vietnam with this pho-inspired meatball soup special. Warming and bursting with flavours from a rich brothy soup sprinkled with greens and udon noodles. Add some beef meatballs on top to finish off this beloved bowl of pho.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Sesame Oil, Soy Sauce, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
udon noodles	1 packet	2 packets
Asian greens	1 bunch	2 bunches
spring onion	2 stems	4 stems
sweetcorn	1 tin	1 tin
beef mince	1 small packet	2 small packets OR 1 large packet
sweet soy seasoning	1 packet	2 packets
fine breadcrumbs	1 packet	1 packet
egg*	1	2
garlic paste	1 large packet	2 large packets
oyster sauce	1 medium packet	1 large packet
beef-style stock powder	1 large sachet	2 large sachets
sesame oil*	½ tbs	1 tbs
soy sauce*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
water*	3 cups	6 cups
coriander	1 bag	1 bag
crispy shallots	1 medium packet	1 large packet
sriracha	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2526kJ (604Cal)	604kJ (144Cal)
Protein (g)	20.3g	4.9g
Fat, total (g)	8.7g	2.1g
- saturated (g)	2.9g	0.7g
Carbohydrate (g)	106g	25.4g
- sugars (g)	8.8g	2.1g
Sodium (mg)	543mg	130mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3480kJ (832Cal)	647kJ (155Cal)
Protein (g)	32.2g	6g
Fat, total (g)	13.9g	2.6g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	138.1g	25.7g
- sugars (g)	10.2g	1.9g
Sodium (mg)	969mg	180mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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Scan here if you have any questions or concerns



1



Boil the noodles

- Boil the kettle. Half-fill a large saucepan with boiling water.
- Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**.
- In last **minute** of cook time, gently stir **noodles** with a fork to separate.
- Drain, rinse and set aside in a bowl.

2



Get prepped

- Meanwhile, roughly chop **Asian greens** and **spring onion**. Drain the **sweetcorn**.
- Heat a large frying pan over high heat. Cook **spring onion** and **sweetcorn**, until lightly browned, **4-5 minutes**. Transfer to a bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

3



Prep the meatballs

- In a medium bowl, combine **beef mince**, **sweet soy seasoning**, **fine breadcrumbs**, the **egg** and a pinch of **pepper**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.
- Return the saucepan to medium-high heat with a generous drizzle of **olive oil**. Cook **meatballs**, turning, until browned and cooked through, **6-8 minutes** (cook in batches if your pan is getting crowded).

Custom Recipe: If you've doubled your beef mince, prep meatballs in a large bowl and cook in batches. Return all meatballs to the pan before the next step.

4



Make the soup

- Add **garlic paste** to the **meatballs** and cook until fragrant, **1 minute**.
- Add **oyster sauce**, **beef-style stock powder**, the **sesame oil**, **soy sauce**, **brown sugar** and the **water**, then bring to the boil.

5



Bring it all together

- Add cooked **noodles** and **Asian greens** and simmer until just wilted, **2-3 minutes**.

6



Serve up

- Divide pho-style beef meatball soup between bowls. Top with charred corn and spring onion.
- Tear over **coriander** and sprinkle with **crispy shallots**. Serve with **sriracha**. Enjoy!

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