

One-Pot Char Siu Pork Meatball & Noodle Soup

with Green Beans

NEW

Grab your meal kit with this number







Ginger & Lemongrass





Fine Breadcrumbs

Green Beans





Carrot

Vegetable Stock



Char Siu

Soy Sauce

Egg Noodles





Beef Mince





Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 with a lid

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
pork mince	1 medium packet	2 medium packets OR 1 large packet	
ginger & lemongrass paste	1 medium packet	1 large packet	
fine breadcrumbs	1 medium packet	1 large packet	
green beans	1 medium packet	2 medium packets	
carrot	1	2	
boiling water*	3 cups	6 cups	
vegetable stock powder	1 large sachet	2 large sachets	
soy sauce mix	1 medium packet	1 large packet	
char siu paste	1 medium packet	1 large packet	
vinegar* (white wine or rice wine)	½ tbs	1 tbs	
egg noodles	1 packet	2 packets	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3082kJ (736Cal)	666kJ (159Cal)
Protein (g)	35.9g	7.8g
Fat, total (g)	21.1g	4.6g
- saturated (g)	6.1g	1.3g
Carbohydrate (g)	97g	21g
- sugars (g)	29.4g	6.4g
Sodium (mg)	3708mg	802mg
Dietary Fibre (g)	12.4g	2.7g

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.



Cook the meatballs

- In a medium bowl, combine pork mince, ginger & lemongrass paste, fine breadcrumbs and a generous pinch of salt and pepper. Set aside to rest for 5 minutes.
- Using damp hands, roll heaped spoonfuls of pork mixture into small meatballs (4-5 per person), then flatten slightly. Transfer to a plate.
- In a large saucepan, heat a generous drizzle of olive oil over medium-high heat. Cook meatballs, turning, until browned and cooked through,
 8-10 minutes (cook in batches if your pan is getting crowded).
- Transfer to a bowl and set aside.

TIP: Letting the mixture rest helps the meatballs hold their shape while cooking.



Make the noodle soup

- Stir in the boiling water (3 cups for 2 people / 6 cups for 4 people),
 vegetable stock powder, soy sauce mix, char siu paste and vinegar.
- Bring to the boil. Add **egg noodles** and **green beans**, then cover with a lid.
- Reduce to a simmer and cook until noodles are tender, **4-5 minutes**. In the **last minute**, gently stir **noodles** with a fork to separate. Season to taste.



Get prepped

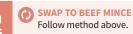
- Meanwhile, boil the kettle.
- · Trim green beans and slice into thirds.
- Thinly slice carrot into half-moons.
- Return saucepan to high heat with a drizzle of **olive oil**. Cook **carrot**, tossing, until slightly tender, **2-3 minutes**.



Serve up

- Remove pan from from heat, then return meatballs to pan, gently stirring to combine.
- Divide one-pot char siu pork meatball and noodle soup between bowls to serve. Enjoy!







If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

