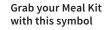


Pho-Style Beef Meatball & Baby Broccoli Soup

with Udon Noodles & Asian Greens

TAKEAWAY FAVES











Spring Onion



Sweetcorn





Sweet Soy

Seasoning

Baby Broccoli



Fine Breadcrumbs







Beef-Style

Oyster Sauce





Crispy Shallots

Coriander



Sriracha



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 baby broccoli and udon noodles. Add some beef meatballs on top to finish off this beloved bowl of pho.

Pantry items

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

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large saucepan

Ingredients

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	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	
baby broccoli	1 bag	1 bag	
sweetcorn	1 tin	1 tin	
beef mince	1 packet	1 packet	
sweet soy seasoning	1 sachet	2 sachets	
fine breadcrumbs	1 packet	1 packet	
egg*	1	2	
garlic paste	1 packet	2 packets	
oyster sauce	1 packet (45g)	1 packet (100g)	
beef-style stock powder	1 sachet (10g)	2 sachets (20g)	
sesame oil*	2 tsp	4 tsp	
soy sauce*	2 tsp	4 tsp	
brown sugar*	1 tsp	2 tsp	
water*	3 cups	6 cups	
coriander	1 bag	1 bag	
crispy shallots	1 packet	1 packet	
sriracha	1 packet (20g)	1 packet (40g)	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3435kJ (821Cal)	527kJ (126Cal)
Protein (g)	50.4g	7.7g
Fat, total (g)	30.5g	4.7g
- saturated (g)	11.6g	1.8g
Carbohydrate (g)	74.6g	11.5g
- sugars (g)	18g	2.8g
Sodium (mg)	3444mg	529mg

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.



Boil the noodles

- Boil the kettle. Half-fill a medium 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.



Get prepped

- Meanwhile, roughly chop Asian greens and spring onion. Halve baby broccoli lengthways. Drain the sweetcorn.
- Heat a large saucepan 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.



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 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).



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 and bring to the boil.



Bring it all together

 Add noodles, baby broccoli and Asian greens, and simmer until just wilted and tender,
3-4 minutes.



Serve up

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

