



# Pho-Style Beef Meatball & Baby Broccoli Soup

with Udon Noodles & Asian Greens

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Udon Noodles



Asian Greens



Spring Onion



Sweetcorn



Baby Broccoli



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 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

	2 People	4 People
<b>olive oil*</b>	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
<b>egg*</b>	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)
<b>sesame oil*</b>	2 tsp	4 tsp
<b>soy sauce*</b>	2 tsp	4 tsp
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	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](https://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.



## 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.



## 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.



## Bring it all together

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



## 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).



## 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!

## We're here to help!

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