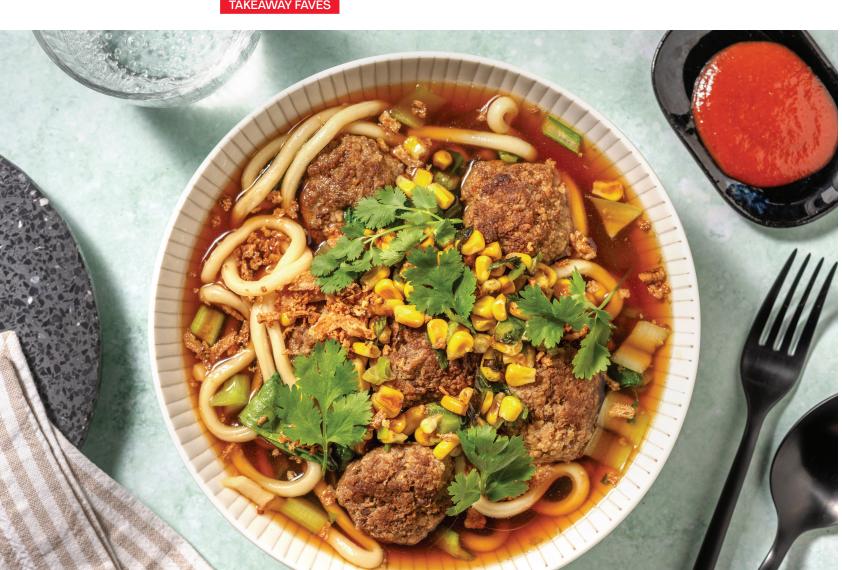
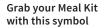


Pho-Style Beef Meatball Soup with Udon Noodles & Asian Greens

TAKEAWAY FAVES













Spring Onion



Sweetcorn



Sweet Soy



Seasoning

Fine Breadcrumbs



Garlic Paste



Oyster Sauce



Beef-Style



Coriander

Stock Powder





Crispy Shallots





Beef Mince

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 frying pan · 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	
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	1 sachet	2 sachets	
powder	(10g)	(20g)	
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 packet	1 packet	
sriracha	1 packet (20g)	1 packet (40g)	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3370kJ (805Cal)	611kJ (146Cal)
Protein (g)	48.3g	8.8g
Fat, total (g)	30.5g	5.5g
- saturated (g)	11.6g	2.1g
Carbohydrate (g)	74.6g	13.5g
- sugars (g)	18g	3.3g
Sodium (mg)	3440mg	624mg

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 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**. 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.



Prep & cook 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.
- Heat a large saucepan over medium-high heat with a generous drizzle of olive oil. Add 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, then bring to the boil.



Bring it all together

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



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!

