



Thai Green Pork Meatball Soup

with Daikon Noodles & Asian Greens

Grab your Meal Kit with this symbol



Garlic



Carrot



Asian Greens



Thai Seven Spice Blend



Pork Mince



Thai Green Curry Paste



Coconut Milk



Chicken-Style Stock Powder



Daikon Noodles



Coriander

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**
 Spicy (Thai green curry paste)

Carb Smart
 Eat Me Early

With a warm and aromatic soup, low-carb daikon noodles and succulent pork meatballs, it's no wonder this divine dish was a favourite at the testing table. It's bright, it's fun and most importantly, it tastes the part too - delicious!

Pantry items

Olive Oil, Soy Sauce

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

Large frying pan · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
Asian greens	1 head	2 heads
Thai seven spice blend	1 sachet	1 sachet
pork mince	1 packet	1 packet
Thai green curry paste	½ tin	1 tin
coconut milk	1 tin (200 ml)	1 tin (400 ml)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
soy sauce*	1 tbs	2 tbs
water*	1 cup	2 cups
daikon noodles	1 medium packet	1 large packet
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2405kJ (575Cal)	442kJ (106Cal)
Protein (g)	30.5g	5.6g
Fat, total (g)	37.3g	6.9g
- saturated (g)	22g	4g
Carbohydrate (g)	30g	5.5g
- sugars (g)	17g	3.1g
Sodium (mg)	1931mg	355mg
Dietary Fibre (g)	6.3g	1.2g

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.



Get prepped

Finely chop the **garlic**. Cut the **carrot** into half-moons. Roughly chop the **Asian greens**.



Make the meatballs

In a medium bowl, combine the **garlic**, **Thai seven spice blend**, **pork mince** and a good pinch of **salt** and **pepper**. Using damp hands, roll heaped spoonfuls of the **pork mixture** into small meatballs. Transfer to a plate. You should get 4-5 meatballs per person.



Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.



Start the soup

SPICY! The **green paste** is **spicy** so use a little less if you prefer your soup **mild**. While the meatballs are cooking, heat a large saucepan over a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** until tender, **3-4 minutes**. Add the **Thai green curry paste** (see ingredients) and cook until fragrant, **1-2 minutes**.



Finish the soup

Add the **coconut milk**, **chicken-style stock powder**, **soy sauce** and the **water** to the saucepan and cook until slightly reduced, **3-4 minutes**. Add the **Asian greens**, **daikon noodles** and **pork meatballs** and cook until heated through, **2-3 minutes**. Season to taste.



Serve up

Roughly chop the **coriander**. Divide the Thai green pork meatball soup with daikon noodles between bowls. Garnish with the coriander to serve.

Enjoy!