

Vietnamese-Style Beef Meatball Soup

with Daikon Noodles & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Carrot



Celery



Sweetcorn



Southeast Asian Spice Blend



Ginger Paste



Oyster Sauce



Herbs



Crispy Shallots



Beef Mince



Daikon Noodles

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 25-35 mins
Ready in: 30-40 mins



Carb Smart



Eat Me Early

It's a tricky decision to make: meatballs or soup. Both are warm delights that are just too hard to pass up on. Don't worry, we've got you covered with this sweet soy meatball soup, with hints of ginger, garnished with crispy shallots and slurped up with daikon noodles, you'll never have to decide between the two again!

Pantry items

Olive Oil, Soy Sauce, Sesame Oil, Fish 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

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
celery	1 stalk	2 stalks
sweetcorn	½ tin	1 tin
Southeast Asian spice blend	1 medium sachet	1 large sachet
beef mince	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
water*	2 cups	4 cups
soy sauce*	1 tbs	2 tbs
sesame oil*	1 tsp	2 tsp
oyster sauce	1 medium packet	1 large packet
fish sauce*	1 tsp	2 tsp
brown sugar*	pinch	pinch
daikon noodles	1 medium packet	1 large packet
herbs	1 bag	1 bag
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2274kJ (543Cal)	427kJ (102Cal)
Protein (g)	34.5g	6.5g
Fat, total (g)	24g	4.5g
- saturated (g)	10.5g	2g
Carbohydrate (g)	40.4g	7.6g
- sugars (g)	20.4g	3.8g
Sodium (mg)	2377mg	446mg
Dietary Fibre (g)	13.5g	2.5g

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 **garlic**. Cut **carrot** into half-moons. Thinly slice **celery**. Drain **sweetcorn** (see ingredients).



Make the meatballs

- In a medium bowl, combine **Southeast Asian spice blend**, **beef mince**, 1/2 the **garlic** and a pinch of **pepper**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to plate.



Cook the meatballs

- In a large frying pan, heat 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 plate.



Start the soup

- Meanwhile, heat a large saucepan over medium-high heat with a drizzle of **olive oil**. Cook **carrot**, **celery** and **sweetcorn** until tender, **4-5 minutes**
- Add **ginger paste** and remaining **garlic** and cook until fragrant, **1 minute**.



Finish the soup

- Add the **water**, **soy sauce**, **sesame oil**, **oyster sauce**, **fish sauce** and a pinch of **brown sugar** to the saucepan and bring to the boil. Reduce heat to medium and simmer until slightly reduced, **2-3 minutes**.
- Add **daikon noodles** and cook until heated through, **2-3 minutes**.
- Stir through **meatballs** and season to taste.



Serve up

- Divide Vietnamese-style beef meatball soup with daikon noodles between bowls.
- Tear over **herbs** and garnish with **crispy shallots**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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