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## Ginger Pork Meatballs in Udon Noodle Soup

Udon noodles are thought to date back to the 13th century – it's no mistake they've survived so long either. These babies are a winner! You're going to love them in this warm, spicy broth with delicious ginger pork meatballs. There's nothing boring about this zingy, fresh treat.



25 mins



level 2



spicy



2P	4P	Ingredients
350 g	700 g	pork mince
2	4	garlic cloves, peeled & crushed 🕀
20 g	40 g	breadcrumbs
1 tbs	2 tbs	coriander, roughly chopped 🕀
1 knob	2 knobs	ginger, peeled & finely chopped 🕀 🗼 🗛
1 tbs	2 tbs	vegetable oil *
200 g	400 g	udon noodles
2 tsp	4 tsp	HelloFresh Chinese 5 spice broth mix
1 L	2 L	boiling water *
1 tbs	2 tbs	soy sauce *
1/2 bunch	1 bunch	bok choy, roughly chopped 🕀
1 bunch	2 bunches	spring onions, thinly sliced 🕀
1	2	long chilli, sliced 🕀

- May feature in another recipe
  - \* Good to have at home

## **Nutrition per serving**

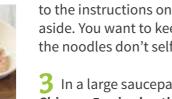
Energy 2090	Κj
Protein 49.2	g
Fat, total 19.2	g
-saturated 6.9	g
Carbohydrate 28.1	g
-sugars 2.8	g

## Measuretool

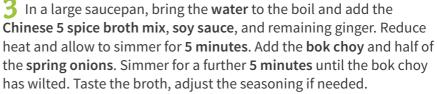
cm	1cm	2 cm



In a large bowl combine the pork mince, garlic, breadcrumbs, and half of the coriander and ginger. Season with salt and pepper. With wet hands, form the mince into small balls. Heat the oil in a frying pan over a medium heat and cook the meatballs for 5 minutes or until cooked through. Remove from the heat and rest in a warm place.



2 Bring a large pot of water to the boil. Cook the **noodles** according to the instructions on the packet or until tender. Drain, rinse and set aside. You want to keep this as a separate step from the broth so that the noodles don't selfishly soak up all of the delicious flavours!





4 Divide the noodles and meatballs amongst bowls and ladle in the delicious broth. Garnish with the remaining coriander, spring onions, and **chilli** if you like a bit of heat. We love to add an extra salty Wkick with a drizzle of soy sauce. Why not give that a try yourself?



Did you know? During the 19th century, ginger became extremely popular among wealthy Europeans who enjoyed it as much as salt on their tables.