



Everything
But The Chef

hellofresh.com.au

hello@hellofresh.com.au | 02 81 888 722

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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



Pork Mince



Ginger



Garlic



Breadcrumbs



Coriander



Chinese 5 Spice Broth



Udon Noodles



Bok Choy




Spring Onions



Long Chilli

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	Kj
Protein	49.2	g
Fat, total	19.2	g
-saturated	6.9	g
Carbohydrate	28.1	g
-sugars	2.8	g

Measuretool

0 cm	1 cm	2 cm



1 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!

3 In a large saucepan, bring the **water** to the boil and add the **Chinese 5 spice broth mix**, **soy sauce**, and remaining ginger. Reduce heat and allow to simmer for **5 minutes**. Add the **bok choy** and half of the **spring onions**. Simmer for a further **5 minutes** until the bok choy has wilted. Taste the broth, adjust the seasoning if needed.

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.