



Asian Beef Meatballs and Noodle Soup

 20-30min  2 Portions

Nothing quite says comfort more than meatballs, noodles and soup. This recipe combines that satisfying trio with deeply aromatic ginger, cinnamon and star anise, producing a dish that is reminiscent of Vietnamese beef pho. However, unlike labour-intensive pho, this just takes a mere 30 minutes to whip up.

What we send

- vermicelli rice noodles
- baby spinach leaves
- ginger cinnamon blend
- coriander, ginger, 2 garlic cloves and 1 shallot
- star anise
- green beans
- Asian beef soup sauce (kecap manis, fish sauce) ^{1,4,6}
- beef stock
- grass-fed beef mince

What you'll require

- egg ³
- sea salt and pepper
- sugar
- vegetable oil
- water

Utensils

- large saucepan

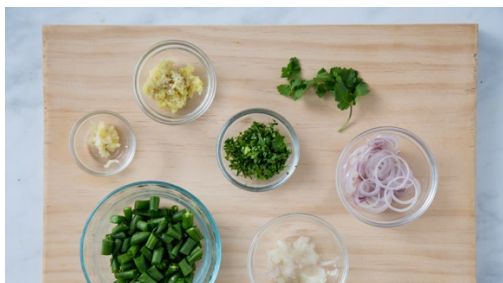
Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Egg (3), Fish (4), Soy (6).
May contain traces of other allergens.

Nutrition per serving

Energy 515.0kcal, Fat 14.7g, Proteins 31.4g, Carbs 62.8g



1. Prepare ingredients

Crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Reserve a few **coriander** leaves for serving, then finely chop the remaining leaves and stems. Thinly slice half the **shallot** and finely grate the remainder. Trim the **green beans** and cut into 1cm pieces.



2. Make meatballs

Place **half the garlic**, **half the ginger**, the **chopped coriander**, **grated shallot**, **egg white** and **beef** in a bowl. Season with **salt and pepper**, and mix until well combined. Roll mixture into 4cm balls.



3. Cook aromatics

Heat the **oil** in a large saucepan over medium heat. Add the **sliced shallot**, **remaining garlic and ginger**, the **spice blend** and **star anise**. Cook, stirring, for 1 min, scraping the base of the pan with a wooden spoon.



4. Add meatballs

Add the **stock**, the **beef soup blend** and the **water** (see staples list). Bring to the boil. Add the **meatballs** and cook for 4 mins.



5. Add beans and noodles

Add the **beans** and season with **salt and pepper**. Reduce heat to a simmer, cover with a lid and cook for 2 mins. Add **half the noodles** (keep remainder for another use) and cook for a further 2 mins or until beans are tender and meatballs are cooked. Stir in the **sugar** to taste.



6. Get ready to serve

Add the **baby spinach** and cook, stirring, for 30 secs or until just wilted. Divide noodles and meatballs among bowls and spoon over the soup. Scatter with the reserved **coriander** to serve.