



Noodle Bowl

with Beef Meatballs & Baby Bok Choy



20-30min



4 Servings

The best part of a noodle bowl is the delicious, flavorful broth. In this recipe, the broth simmers and builds flavor from fresh ginger, garlic and a hint of Chinese five-spice. Beef meatballs simmer in the broth and are served with velvety noodles and refreshing bok choy. Cook, relax, and enjoy!

What we send

- lime
- cloves garlic
- fresh ginger
- Chinese five-spice
- packets beef broth concentrate
- grass-fed ground beef
- baby bok choy
- scallions

What you need

- 1 large egg
- coarse salt
- freshly ground pepper

Tools

- colander

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 722.0kcal, Fat 27.1g, Proteins 34.5g, Carbs 16.0g



1. Prep ingredients

Halve **bok choy** lengthwise, then cut crosswise into ½-inch pieces. Rinse bok choy to remove grit. Smash **garlic cloves**. Peel and finely grate **2 teaspoons ginger**; slice **remaining ginger** into ¼-inch rounds. Trim ends from **scallions** and thinly slice; finely chop **3 tablespoons scallions**.



4. Cook meatballs

Using a slotted spoon, remove **garlic** and **ginger** from broth and discard. Add **meatballs** to simmering broth, and cook until no longer pink, 8-10 minutes. Add **scallions** to broth and season to taste with **salt** and **pepper**. Remove from heat.



2. Make broth

Heat 1 teaspoon **oil** in large pot over medium-high. Add **Chinese five-spice**, **garlic** and **sliced ginger**. Cook until spices become fragrant, about 1 minute. Add 6 cups **water** and **beef broth concentrate**, and season with 2 teaspoons **salt** and a few grinds of **pepper**. Bring to a simmer, cover and cook, 8-10 minutes.



5. Cook noodles & bok choy

Meanwhile, bring a large pot of **salted water** to a boil. Add **bok choy** and cook until tender, about 2 minutes. Using a slotted spoon, transfer bok choy to soup bowls. Return water to a boil and add **noodles**. Cook until just tender, about 1 minute. Drain and transfer to soup bowls.



3. Make meatballs

In a medium bowl, combine **ground beef** with **panko**, **grated ginger**, **finely chopped scallions**, and **1 egg**. Season with 1 teaspoon **salt** and a few grinds of **pepper** and mix to combine. Divide **mixture** into fourths. Divide each into 8 pieces and roll into tablespoon-sized meatballs.



6. Serve

Top **noodles** and **bok choy** with **hot broth** and **meatballs**. Cut **lime** into wedges and finish with a squeeze of **lime juice**. Enjoy!