



Sam's Fragrant Beef Meatball Noodle Soup with Lemongrass, Pak Choi and Crispy Shallots

Chef's Pick 25-30 Minutes • Mild Spice • 1 of your 5 a day

5



Garlic Clove



Panko Breadcrumbs



Beef Mince



Echalion Shallot



Pak Choi



Lime



Egg Noodle Nest



Chicken Broth Paste



Ginger, Garlic & Lemongrass Puree



Soy Sauce



Sambal

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, kettle, garlic press, bowl, baking tray, kitchen paper and sieve.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Panko Breadcrumbs 13)	10g	15g	20g
Beef Mince**	240g	360g	480g
Echalion Shallot**	1	2	2
Pak Choi**	1	2	2
Lime**	½	¾	1
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Chicken Broth Paste	15g	23g	30g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Soy Sauce 11) 13)	15ml	25ml	30ml
Sambal	15g	23g	30g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Boiled Water for the Broth*	450ml	750ml	900ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	333g	100g
Energy (kJ/kcal)	2468 /590	742 /177
Fat (g)	22.6	6.8
Sat. Fat (g)	8.9	2.7
Carbohydrate (g)	57.6	17.3
Sugars (g)	5.1	1.5
Protein (g)	40.7	12.2
Salt (g)	4.11	1.24

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

8) Egg **11**) Soya **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



Make the Meatballs

Preheat your oven to 220°C/200°C fan/gas mark 7.

Bring a large saucepan of **water** to the boil with ¼ **tsp salt** for the **noodles**. Boil a full kettle - you'll need this later!

Peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **garlic, breadcrumbs, salt and water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**.

Season with **pepper** and mix together with your hands. Roll into evenly-sized balls, 5 per person.

IMPORTANT: Wash your hands and equipment after handling raw mince.

4



Cook the Noodles and Veg

Meanwhile, trim the **pak choi**, then separate the leaves. Cut the **lime** into wedges.

Once your pan of **water** is boiling, add the **noodles and pak choi**. Cook until tender, 4 mins.

Once cooked, drain in a sieve and run under **cold water** to stop the **noodles** sticking together and keep the **pak choi** vibrant.

2



Get Baking

Pop the **meatballs** onto a large baking tray.

When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The **meatballs** are cooked when no longer pink in the middle.

Meanwhile, halve, peel and thinly slice the **shallot**.

5



Bring on the Broth

Wipe out the (now empty) saucepan and return to medium-high heat. Pour in the **boiled water for the broth** (see pantry for amount) from your kettle.

Stir in the **chicken broth paste, ginger, garlic & lemongrass puree, soy sauce and sambal**. Bring to the boil, then remove from the heat.

Add a good squeeze of **lime juice**. Taste and season with **salt, pepper** and more **lime juice** if needed.

3



Fry your Crispy Shallots

Pour enough **oil** into a large saucepan to cover the bottom, then pop it on medium-high heat.

TIP: Check if the oil is hot enough by adding one shallot slice - if it sizzles, it's ready.

Add the **shallot** and fry until golden and crispy, 3-5 mins. Turn once or twice, then remove with a slotted spoon and transfer to some kitchen paper to absorb any excess **oil**.

6



Finish and Serve

Share the **noodles, pak choi** and **meatballs** between your bowls, then pour over the **fragrant broth**.

Sprinkle over the **crispy shallots** and serve any remaining **lime wedges** on the side for the squeezing over.

Enjoy!