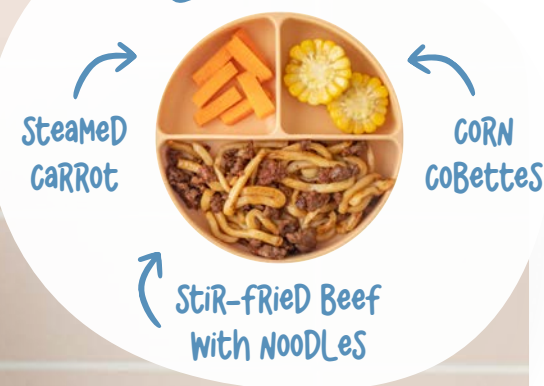


for the
little ones

MeatBall Noodle Soup

Comforting ramen noodle soup with beef meatballs and sweet corn – perfect to warm up the family on chilly weeknights.



35 Minutes



2 Servings



Beef

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FROM YOUR BOX

SPRING ONIONS	1 bunch
GINGER	1 piece
CARROT	1
CORN COB	2 bulbs
RAMEN MARINADE	100ml
GARLIC CLOVE	1
BEEF MINCE	300g
UDON NOODLES	2 packets

FROM YOUR PANTRY

oil for cooking, soy sauce, pepper

COOKING TOOLS

saucepan, large frypan, kettle

Skip the broth and make a meatball and noodle stir-fry instead! Season with ramen marinade and ginger to taste.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option – udon noodles are replaced with rice noodles. Cook according to packet instructions or until tender.



1. PREPARE the VEGETABLES

Slice **spring onions**, separating white and green parts. Quarter **ginger** piece and slice **carrot**. Remove kernels from **corn cob**. Keep separate.

tip You can julienne or cut carrots into sticks to serve on the side if you like.



2. SIMMER the BROTH

Heat a saucepan with **1 tbsp oil** over medium heat. Add **white spring onions, ginger, carrot and 2/3 of the corn**. Cook for 3-4 minutes. Stir in **ramen marinade** and **1L water**. Simmer, covered, for 15 minutes.



3. MAKE & BROWN the MEATBALLS

Meanwhile, crush **garlic clove**. Combine with **beef mince, 2 tsp soy sauce and pepper**. Shape into meatballs (1-2 tbsp each).

Heat **oil** in a frypan over medium-high heat. Brown meatballs all over for 6-8 minutes.



4. COOK the NOODLES

Boil the kettle. Add noodles to a large bowl. Cover with **hot water**. Soak for 1-2 minutes then drain.



5. ADD MEATBALLS to BROTH

Add **meatballs** to broth and simmer for further 5 minutes or until cooked through. Season to taste with **1-2 tbsp soy sauce**.



6. FINISH AND SERVE

Divide **noodles** into serving bowls. Pour over **broth** with **meatballs** and **vegetables**. Top with **green spring onions** tops and remaining **corn** to taste.

tip Add some fresh chilli, chilli flakes or sauce for an extra kick!