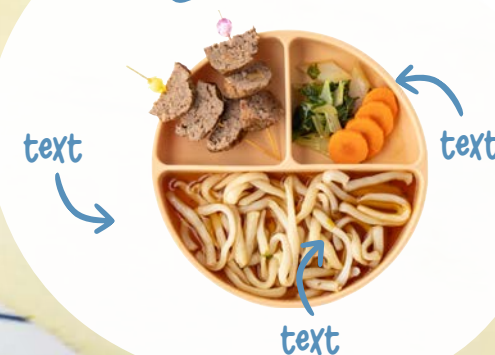


for the
little ones

MeatBall Noodle Soup

Comforting ramen noodle soup with beef meatballs and bok choy - 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
BOK CHOY	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, separate white and green parts. Quarter ginger piece and slice carrots. Trim and slice bok choy lengthways (use to taste).

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



4. COOK the NOODLES

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



2. SIMMER the BROTH

Heat a saucepan with **1 tbsp oil** over medium heat. Add white spring onions, ginger and carrots. Cook for 3-4 minutes. Reserve 1/2 tbsp ramen marinade and add the rest to the saucepan with **3 cups water**. Simmer, covered, for 15 minutes.



5. ADD MeatBALLS to Broth

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

tip Stir-fry the bok choy and serve it on the side if you prefer!



3. MAKE & BROWN the MeatBALLS

Crush garlic clove. Combine with beef mince, 1/2 tbsp reserved ramen marinade **and pepper**. Shape into meatballs (roughly 2 tbsp each). Heat **oil** in a large frypan over medium-high heat. Brown meatballs all over for 6-8 minutes.



6. FINISH AND SERVE

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

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