



Noodle Bowl

with Beef Meatballs & Baby Bok Choy



20-30min



2 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
- baby bok choy
- Chinese five-spice
- cloves garlic
- grass-fed ground beef
- fresh ginger
- scallions
- packet beef broth concentrate

What you need

- 1 large egg ³
- coarse salt
- freshly ground pepper

Tools

- colander

Allergens

Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 906kcal, Fat 39g, Carbs 21g, Protein 46g



1. Prep ingredients

Halve **bok choy** lengthwise, then cut lengthwise into ½-inch pieces. Rinse bok choy to remove grit. Smash **garlic cloves**. Peel and finely grate **1 teaspoon ginger**; slice **remaining ginger** into ¼-inch rounds. Trim root ends from **scallions** and thinly slice; finely chop **2 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 ½ teaspoon **oil** in medium pot over medium-high. Add **Chinese five-spice**, **garlic** and **sliced ginger**. Cook until spices become fragrant, about 3 minutes. Add 4 cups **water** and **beef broth concentrate**, season with 1 teaspoon **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 medium 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 ½ teaspoon **salt** and a few grinds of **pepper** and mix to combine. Divide **mixture** into fourths. Cut each into 6 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!