

# MARLEY SPOON



## Udon Noodle Bowl with Meatballs

Scallions & Baby Bok Choy



20-30min



2 Servings

The best part of a noodle bowl is the delicious, flavorful broth. The broth in this savory noodle bowl simmers and builds flavor from fresh ginger, garlic, and a hint of Chinese five-spice. Beef meatballs, velvety noodles, and refreshing bok choy are perfect companions in this comfort dish.



## What we send

- ½ lb baby bok choy
- garlic
- 1 piece fresh ginger
- 2 scallions
- ¼ oz Chinese five spice
- 1½ oz pork ramen base <sup>2,3</sup>
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>3</sup>
- 10 oz fresh udon noodles <sup>3</sup>
- 1 lime

## What you need

- neutral oil
- kosher salt & ground pepper
- 1 large egg <sup>1</sup>

## Tools

- microplane or grater
- 2 medium pots
- colander

## Allergens

Egg (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 770kcal, Fat 28g, Carbs 55g, Protein 42g



### 1. Prep ingredients

Halve **bok choy** lengthwise, then cut crosswise into ½-inch pieces before rinsing to remove grit. Smash **2 garlic cloves**. Peel and finely grate **1 teaspoon ginger**; slice **remaining ginger** into ¼-inch rounds. Trim **scallions** and thinly slice; finely chop **2 tablespoons scallions**.



### 4. Cook meatballs

Using a slotted spoon, remove **garlic** and **ginger** from broth; discard. Add **meatballs** to simmering broth and cook until no longer pink, 6-8 minutes. Add **scallions**. Season with **salt**. Remove from heat.



### 2. Make broth

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **garlic** and **sliced ginger**. Cook until well browned, 2-3 minutes. Add **¼ teaspoon Chinese five spice** and cook until fragrant, 30-60 seconds more. Add **4 cups water** and **pork ramen base**. Bring to a simmer, cover and cook, 8-10 minutes.

Meanwhile, bring a second medium pot of **salted water** to a boil.



### 5. Cook noodles & bok choy

Add **bok choy** and **noodles** to **boiling water** and cook until tender, 1-2 minutes. Drain and transfer to soup bowls.



### 3. Make meatballs

In a medium bowl, combine **ground beef** with **panko**, **grated ginger**, **finely chopped scallions**, **¼ teaspoon Chinese five spice**, and **1 egg**. Season with **salt** and **pepper**; mix to combine. Divide **mixture** into four equal portions. Cut each into 6 pieces and roll into 24 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!