



Cooking Made Easy

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Spicy Pork & Kale Soup



Thick udon noodles are perfect for slurping, which is exactly what you'll be doing with this unctuous pork soup. Thai chilies pack some serious heat – be sure to add with caution!



35 min



level 1



lactose free



extra spicy



one pot wonder



nut free



Ground Pork



Garlic



Ginger



Thai Chili



Soy Sauce



Kale



Udon Noodles



Red Onion



Pho Concentrate

Ingredients	2 People	4 People
Ground Pork	10 oz	20 oz
Garlic	2 cloves	4 cloves
Ginger	1 thumb	2 thumbs
Thai Chili	1	2
Red Onion	1	2
Pho Concentrate	2	4
Kale	4 oz	8 oz
Soy Sauce	1) 2 T	4 T
Udon Noodles	2) 4 oz	8 oz
Olive Oil*	1 t	2 t

*Not Included

Allergens

- 1) Soy
- 2) Wheat

Tools

Large Pot

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 734 cal | Carbs: 65 g | Fat: 40 g | Protein: 30 g | Fiber: 5 g



1 Peel the **ginger** with a spoon, then mince or grate along with the **garlic**. Remove the tough ribs and stems from the **kale**, then thinly slice. Halve, peel, and thinly slice the **red onion**. Finely chop the Thai chili, removing seeds if you don't like a lot of heat.



2 Heat 1 teaspoon **olive oil** in a pot over medium heat. Add the **onion** and cook 2 minutes, until slightly softened.



3 Add the **garlic**, **ginger**, and ¼ teaspoon **chopped Thai chili** (or more if you like the heat!) to the pot, and cook 30 seconds, until fragrant.

4 Add the **pork** and cook, breaking up the pieces, 6-8 minutes, until no longer pink. Season with **salt** and **pepper**.

5 Add 4 cups **water** and the **stock concentrates** to the pot. Stir to combine, then add the **kale** and **soy sauce** to the pot. Bring to a boil, then reduce to a simmer for 5 minutes.

6 Once the kale has slightly softened, add the **udon noodles**. Cook 5 minutes, until al dente. Taste and season with **salt** and **pepper** as necessary.

7 Serve the soup in bowls and enjoy! If you have chopsticks, now is the time to use them!



Tip Be sure to wash your hands, knife, and cutting board with dish soap after prepping the Thai chili. The oil-dissolving properties will remove any traces of spiciness that can irritate your eyes and skin.