






Cooking Made Easy

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## Meatball Pho with Rice Noodles



This classic Vietnamese soup will warm your belly this winter. In our version, we've added little Asian-spiced beef meatballs. Garlic, ginger, and mint create a fragrant broth, and bok choy adds a splash of color. Have your own chopsticks? Now's the time to use them to slurp up all those delicious rice noodles!



35 min



level 1



lactose free



nut free



Ground Beef



Ginger



Rice Noodles



Mint



Lime



Panko



Scallions



Garlic



Pho Concentrate



Baby Bok Choy



Jalapeno

Ingredients	2 People	4 People
Ground Beef	8 oz	16 oz
Scallions	2	4
Garlic	2 cloves	4 cloves
Ginger	1 thumb	2 thumbs
Pho Concentrate	1	2
Rice Noodles	1 pack	2 packs
Baby Bok Choy	2	4
Mint	1 sprig	2 sprigs
Jalapeño	1	2
Lime	1	2
Panko	1)	½ C
Vegetable Oil*	1 T	2 T

\*Not included

### Allergens

1) Wheat

Ruler

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**Nutrition per person** Calories: 572 | Carbs: 71 g | Fat: 19 g | Protein: 28 g | Fiber: 3 g



**1** Thinly slice the **scallions**, keeping **white** and **green parts** separate. Peel the **ginger** with a spoon and then mince or grate along with the **garlic**. Cut the **lime** into wedges. Thinly slice the **bok choy leaves** and **stems**. Coarsely chop the **mint**. Seed and mince the **jalapeño**.



**2** Heat ½ tablespoon **oil** in a pot over medium heat. Add half the **scallion whites** and **half the ginger** and cook for 30 seconds, until fragrant. Add the **pho concentrate** and 4 cups of **water**. Bring to a boil, reduce to a simmer, and cook for 10 minutes.



**3** Meanwhile, in a bowl, combine **ground beef** with **garlic**, **panko**, **remaining ginger**, **remaining scallion whites**, and a large pinch of **salt** and **pepper**. Add as much **jalapeño** as you dare. Combine and form the mixture into bite-sized **meatballs** (about the size of a ping-pong ball).

**4** Heat ½ tablespoon **oil** in a pan over medium heat. Add the **meatballs** and cook, rotating, until browned on all sides.



**5** Add the **meatballs**, ⅓ of the **rice noodles**, and **bok choy** to the **broth**. Simmer until the noodles are tender and meatballs are cooked through, about 4 minutes. Taste and season with **salt** and **pepper**.

**6** Serve the **pho** in bowls and top with **mint**, **scallion greens**, and a **lime wedge**.

**Tip** The best way to check the seasoning in a meatball mixture is to taste it! Form a small patty and quickly fry it up in a pan. Once cooked, taste it, and adjust seasoning if necessary.