

# Choy sum, pork meatball & noodle soup



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**Preparation:** about 30 minutes  
(+ chilling time)

**Cooking:** about 15 minutes

**Serves:** 4

500g pork mince  
2 garlic cloves, crushed  
2 tsp finely grated ginger  
½ tsp Chinese Five Spice powder  
¼ cup salt reduced soy sauce  
4 green onions (shallots),  
trimmed and finely sliced  
Salt and ground black pepper  
450g fresh thin egg noodles  
6 cups chicken stock  
1 bunch baby choy sum, trimmed  
and cut into 6cm pieces  
2 tsp sesame oil  
100g snow peas, trimmed

1. To make meatballs, combine pork, garlic, ginger, five spice, 1 tbs soy sauce and half the green onions in a bowl. Season with salt and pepper. Mix until combined. Form mixture into 20 small meatballs (using about 1½ tbs mixture per meatball). Place in a single layer on a tray lined with baking paper. Cover and refrigerate for 30 minutes.
2. Meanwhile, place noodles into a heatproof bowl. Cover with boiling water and stand for 2 minutes until just tender. Drain, separate noodles and set aside.
3. Bring stock and remaining soy sauce to the boil over high heat in a large saucepan. Reduce heat to medium-low, add meatballs and simmer, stirring occasionally, for 8–10 minutes until just cooked through. Add choy sum and sesame oil. Cover and cook for 1 minute until choy sum is vibrant green. Add snow peas and cook for 1 minute.

### Choy sum

- Good source of niacin, beta carotene and vitamin C. Niacin (vitamin B3) is needed for production of energy in the body; beta carotene is converted to vitamin A and is important for good vision while vitamin C's functions include formation of a vital substance in bones, teeth, gums, blood capillaries.

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