

Pork & ginger meatballs soup

For the meatballs (8 portions; 30min/the day before)

4 freezeable standard takeaway containers or equivalent

500g lean pork mince (5% fat)

Note: following amounts are a guide & can be altered to taste.

3-4 cloves garlic

1 thumb of ginger

1-2 tbsp dark soy sauce

2 tbsp sesame oil

some salt

Peel & chop the garlic & ginger as finely as possible (or use a pestle & mortar to make a paste).

Break the pork into a bowl and add salt to taste. Add all the other ingredients and mix together thoroughly – it's easiest to knead with your hands.

Divide the pork mixture evenly into 4 (i.e. 2 portions each) – if weighing it typically comes to around 130-135g.

Divide and shape each quarter into 16 meatballs (easiest to do by roughly halving each portion repeatedly). Place them in a container, preferably in one flat layer (it's ok if they touch) – this makes it easier to break them apart if they freeze together.

Repeat for the other portions. Marinade overnight in the fridge, and then cook or freeze.

For the soup (2 portions; about 15min)

1 stock pot

16 meatballs (cook straight from frozen)

~250g spinach (fresh or frozen whole-leaf), kale, chinese leaf (in large chunks), or beansprouts

2 medium eggs

1 tbsp dried goji berries/wolf berries

2 portions noodles (e.g. 150g dried egg or wholewheat noodles, or 1 pack fresh rice sticks)
or 2 cups rice (pre-cooked)

Boil kettle. Separate the frozen meatballs and place in pan with stock pot. Add about 800ml boiling water. If using frozen spinach, kale, or chinese leaf, add it now.
Cook on high heat for about 7 minutes, stirring occasionally.

Add noodles if using them, cook for a further 4 minutes.

Turn the heat down. Crack the eggs into the soup and stir (I prefer to break the yolk). Turn the heat up again for about 30 sec until the egg is cooked (turned into fine white pieces).

Last of all, if using fresh spinach or beansprouts, turn the heat back down and add them quickly – push/stir large batches of into the soup. As soon as it's all in, turn the heat off.

Dish up and top with the red berries.