

Vietnamese Meatball Noodles in Tomato Broth



Sugo Bolognese is your shortcut to a midweek pasta that's quick, easy and seriously satisfying.

Recipe supplied by Chang's.

Ingredients

For the meatballs:

500g pork mince

1 large brown onion, finely diced

1 green apple, peeled and grated

3 tsp rice flour

2 tsp chicken stock powder

1 tsp sugar

1 tsp sea salt

½ tsp white pepper

For the sauce:

2 tbsp cooking oil
400g tomato puree
8 large garlic cloves, finely minced
2 tbsp Chang's Original Fish Sauce
2 tbsp Chang's Gluten Free Tamari Light Soy Sauce
1 tbsp chicken stock powder
1 tsp white pepper
½ tsp salt
½ tsp sugar
1.5L boiling water

Method:

1. **Mix the Meatballs:**In a large bowl, combine the pork mince, onion, apple (remove excess moisture from the grated apple by pressing it firmly in a clean kitchen towel or squeezing it through a fine mesh strainer), rice flour, stock powder, sugar, salt and white pepper. Mix well with clean hands then roll into 16 meatballs, about 4-5 cm each. Refrigerate while you prepare the sauce
2. **Cook the Garlic and Build the Sauce:**Heat the oil in a wide, deep pot over medium heat. Add the garlic and sauté for 1-2 minutes until golden and fragrant. Stir in the tomato puree and cook for another 2 minutes to deepen the flavour. Add the fish sauce, tamari soy sauce, chicken stock powder, salt, pepper and sugar. Stir to combine, then add 1.5L of water and bring to a boil.
3. **Poach the Meatballs:**Reduce the heat to a medium simmer. Gently add the chilled meatballs one by one into the simmering sauce, nudging them apart if needed to prevent sticking. Simmer uncovered for 20 minutes.
4. **Prepare the Noodles:**While the meatballs cook, place the rice vermicelli noodles in a large bowl. Cover with boiling water and let sit for 5 minutes. Drain well and divide between serving bowls.
5. **Taste, Adjust and Serve:**Taste the broth and adjust the seasoning if needed, adding a pinch of salt or a dash of fish sauce for a bolder flavour. Ladle the hot broth and meatballs over the prepared noodles. Garnish with chopped spring onions and coriander.