

GUASTELLO'S VILLAGE MARKET

Sesame Ginger Pork Meatball Soup with Bok Choy

Serves 4

Ingredients

Meatballs:

1 egg
1/2 cup panko bread crumbs can use regular
1 clove garlic minced
1/2 tsp minced fresh ginger
1 Tbsp soy sauce
1 tsp sesame oil
3/4-1 lb. ground pork

Soup broth:

1 Tbsp vegetable oil
1 tsp sesame oil
4 small carrots diced
1/2 tsp minced fresh ginger
4 cups chicken broth
1 cup water
1/4 cup soy sauce
1-2 tsp Asian Chili Garlic Sauce to taste

To finish soup:

2 Tbsp rice vinegar
2 cups thinly sliced bok choy leaves
2 green onions thinly sliced, divided

Preheat oven to 400F (205C). Line a large, rimmed baking sheet with parchment paper or greased foil. Set aside.

Prepare meatballs: Beat egg in a large bowl. Stir in panko, garlic, ginger, soy sauce and sesame oil. Add ground pork and stir to incorporate seasonings into pork. Shape meatballs using a rounded 1 tsp measuring spoon. Place on prepared baking sheet.

Bake for 18-20 minutes, or until juices run clear and the meatballs are browned in spots. Remove from oven and set aside. *You can make ahead and refrigerate for up to 1 day or freeze for longer.

Meanwhile, heat vegetable oil in a large pot over medium heat. Add sesame oil and carrots and sauté for 5-7 minutes, or until carrots are softened. Add ginger and cook, stirring, for 1 minute. Add broth, water, soy sauce and chili garlic sauce. Bring to a boil over high heat, then reduce heat and simmer for 10-15 minutes, or until the carrots are tender.

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Add meatballs, rice vinegar and 1/2 of the green onions to soup and allow to cook until meatballs are heated through. Turn off heat under soup. Stir in bok choy until just wilted. Serve garnished with remaining green onion.

Credit: seasonsandsuppers.ca