



Name of Recipe: Korean Meatballs & Noodles

TCS Process: #2 Same Day Service

Number of Portions: 4

Meal Contribution: 3.5 M/MA, 2 WG Grain

Alternate Menu Name:

Group Code: Entrees

Portion Size: 6 meatballs, 1 cup noodles

Ingredients	Measure	Instruction
Beef, ground, 85% lean, 15% fat	1 lb	<p>Step A:</p> <ol style="list-style-type: none"> 1. Thaw ground beef in refrigerator on bottom shelf. Be sure to place beef in a pan to catch any drippings. CCP: Hold at 41°F or lower. <p>Step B:</p> <ol style="list-style-type: none"> 2. Wash green onions under running water. Remove root end, and slice diagonally into 1/2" pieces. Set aside. CCP: Hold at 41°F or lower. <p>Step C:</p> <ol style="list-style-type: none"> 3. Preheat oven to 375°F. 4. Place oats, pears, soy sauce, honey, vinegar, egg, onion powder, black pepper, garlic powder, and ginger powder in bowl of mixer with flat paddle. Add beef and mix well until oatmeal is completely seen throughout the meat. <p>Step D:</p> <ol style="list-style-type: none"> 5. Spray a half sheet pan with pan release. 6. Using a no. 40 disher, portion 1 oz meatballs 4 across and 6 down. 7. Bake at 375°F for 15 to 20 minutes. CCP: Heat to 165° F or higher for at least 15 seconds. <p>Step E:</p> <ol style="list-style-type: none"> 8. While meatballs are cooking, prepare pasta. Bring water to a boil in a large pot. Add pasta and cook until al dente, fully cooked, but not mushy; about 7-8 minutes. Drain and set aside. CCP: Heat to 135° F or higher.
Green onions, fresh	3 each	
Oats, quick	1/2 cup	
Pears, canned, diced, 100% juice	1/4 cup	
Soy sauce, low sodium	3 Tbsp	
Honey	1 Tbsp	
Vinegar, apple cider	1 Tbsp	
Egg, large	1 large	
Onion powder	1 tsp	
Pepper, black	1 tsp	
Garlic powder	1/4 tsp	
Ginger, ground	1/4 tsp	
Spaghetti, 100% whole grain	8 oz	
Tomato sauce, no salt added	1/2 cup	
Pears, canned, diced, 100% juice	1/4 cup	

Soy sauce, low sodium	2 Tbsp	<p>Step F:</p> <p>9. While pasta is cooking, prepare sauce.</p> <p>10. Combine tomato sauce, pears, soy sauce, brown sugar, sriracha, and apple cider vinegar in a sauté pan. Mash pears with spoon while mixing. Simmer for approximately 30 seconds to dissolve sugar.</p> <p>11. Reduce heat to low, add noodles and toss to coat with sauce. Add meatballs and mix gently.</p> <p>CCP: Heat to 135° F or higher.</p> <p>Step G:</p> <p>12. Using tongs and a #8 scoop, place 1 cup of noodles in a bowl and top with 6 meatballs. Garnish with sliced green onions.</p>
Brown sugar	1 Tbsp	
Sriracha	2 tsp	
Vinegar, apple cider	2 tsp	