Dinner

Chicken Meatball Soup with Spring Greens

Tender little chicken meatballs poach in a gently simmered broth packed with zucchini, asparagus, green beans, peas and beans, then get a bright finish of lemon juice and fresh herbs.



Freezer safe

60 min	244	13.3 g	8.1 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 500 g lean chicken mince
- [ ] 1 egg
- [ ] ¼ cup rolled oats, finely blitzed in a food processor (or almond meal for gluten free)
- [ ] 2 cloves garlic, crushed
- [ ] 2 spring onions, finely sliced
- [ ] 1 teaspoon dried mixed herbs
- [ ] Freshly ground black pepper
- [ ] Soup
- [ ] 2 teaspoons extra virgin olive oil
- [ ] 1 brown onion, diced
- [ ] 2 celery stalks, sliced
- [ ] 2 carrots, diced
- [ ] 1.5 litre salt-reduced chicken stock
- [ ] 1 zucchini, diced
- [ ] 1 bunch asparagus, cut into 3 cm lengths
- [ ] 150 g green beans, trimmed and halved
- [ ] 1 cup frozen peas
- [ ] 400 g can no-added-salt cannellini beans, drained and rinsed
- [ ] 2 handfuls baby spinach, chopped
- [ ] 2 tbsp chopped fresh dill or parsley
- [ ] Juice of ½ lemon

Nutrition Facts

Per serving

Calories	244
Total fat	9.6 g
Saturated fat	2.3 g
Sodium	314 mg
Total carbs	13.3 g
Fiber	7 g
Total sugars	8.1 g
Protein	23 g

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Method

- [ ] 1 Put the lean chicken mince, egg, finely blitzed rolled oats (or almond meal instead), crushed garlic, spring onions, dried mixed herbs and a good grinding of freshly ground black pepper into a bowl and work everything together until evenly blended.
- [ ] 2 Shape the mixture into roughly 24 small meatballs, then cover and chill them in the refrigerator so they firm up.
- [ ] 3 Pour the extra virgin olive oil into a large casserole pot set over heat and cook the diced brown onion, sliced celery and diced carrots for 5 minutes until softened.
- [ ] 4 Add the salt-reduced chicken stock and let the soup come up to a gentle boil.
- [ ] 5 Use a large spoon to lower the chilled meatballs into the simmering stock and let them poach for 8-10 minutes.
- [ ] 6 Tip in the zucchini, asparagus, green beans, frozen peas and the no-added-salt cannellini beans and keep everything at a simmer for a further 8 minutes.
- [ ] 7 Stir the chopped baby spinach through the pot and give it several minutes to wilt.
- [ ] 8 Squeeze in the juice of half a lemon and scatter over the chopped fresh dill or parsley right before serving the soup.

General information, not medical advice.

Estimates vary with brands and portions.