Chicken Meatball Pho Soup

As easy to prepare, as it is to fall in love with!

hellóchef

Cals 714 • Prot 65 • Carbs 38 • Fat 37

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

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Meatballs	2 ppl	3 ppl	4 ppl	
Chicken mince	400	600	800	Grams
Fresh coriander	15	30	30	Grams
Garlic onion powder	4	8	8	Grams
Chilli flakes	2	2	2	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Black pepper	0.5	1	1	Tsp
Vegetable oil	2	3	4	Tbsp
Shallots	1	1	2	Piece
Organic Eggs 5*	1	1	2	Piece
Almond flour 1*, 2*	40	60	80	Grams
Soup				
Mushroom	250	250	500	Grams
Carrot	1	2	2	Piece
Small zucchini	2	3	4	Piece
Garlic cloves	2	3	4	Piece
Ginger	30	45	60	Grams
Coriander powder	2	2	4	Grams
Star anise	2	2	2	Piece
Water	800	1200	1600	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	2	2	Piece
Lime	1	2	2	Piece
Salt	1	1	1	Tsp
Toppings				
Large red chilli	1	2	2	Piece
Spring onion	40	60	80	Grams

Allergens

*9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *1 Peanuts, *2 Tree Nuts, *4 Milk, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2988 / 714
Fat (g)	37.4
of which saturates (g)	9.1
Carbohydrate (g)	38
of which sugars (g)	10.4
Fiber (g)	10.5
Protein (g)	65.3
Salt (g)	4.7

^{*}Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make meatballs

Chop the **fresh coriander**. Peel and finely chop the **shallots**. In a bowl, combine the **chicken mince**, chopped **coriander**, **shallots**, **garlic onion powder**, **chilli flakes** (**spicy!**), soy sauce, eggs, almond **flour** and **pepper**. Knead well. Shape into small **meatballs**. Refrigerate.

Tip! Use oiled hands when shaping the meatballs to stop the mixture from sticking to them!



2 Prep veg

Clean and slice the **mushrooms**. Peel and slice the **carrots** into thin sticks. Chop the **zucchini** into thin sticks. Peel and grate the **garlic** and **ginger**.



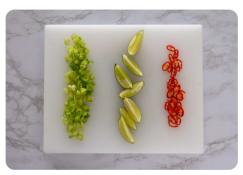
3 Fry meatballs

Heat a pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **meatballs** and fry for 5 min until browned.



4 Boil soup

Meanwhile, add the mushrooms, carrots, zucchini, garlic, ginger, coriander powder, star anise, measured water and chicken stock cube to a soup pot. Bring to a boil and simmer for 5 min. Transfer the meatballs to the soup and simmer for 4 min further.



5 Season

Meanwhile, slice the **red chilli** and **spring onion** finely. Slice the **lime** into wedges.



6 Serve

Season the **soup** with a squeeze of **lime** juice and a pinch of **salt**. Divide the **soup** among bowls. Garnish with the **chilli (spicy!)**, **spring onion** and any remaining **lime** wedges.