

# 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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🕒 cook: 25 min

R2035

Before you start

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

Ingredients

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 <b>9*</b> , <b>10*</b> , <b>11*</b>	20	30	40	ML
Black pepper	0.5	1	1	Tsp
Vegetable oil	2	3	4	Tbsp
Shallots	1	1	2	Piece
Organic Eggs <b>5*</b>	1	1	2	Piece
Almond flour <b>1*</b> , <b>2*</b>	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 <b>4*</b> , <b>5*</b> , <b>9*</b> , <b>15*</b>	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.