



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

Cooking Time: 25 min | Dairy-Free
Cals 386 | Prot 46 | Carbs 18 | Fat 17

Tips For Fussy Eaters

Serve the meatballs over boiled rice with fresh carrot and cucumber sticks on the side.

Pro Tip

Serve any leftovers the following day with noodles or zoodles!

Ingredients	For 2	For 3	For 4	
For meatballs				
Chicken mince	400	600	800	Grams
Fresh coriander	15	30	30	Grams
Garlic powder	2	4	4	Grams
Onion powder	2	4	4	Grams
Chilli flakes	2	2	2	Grams
Soy sauce	20	30	40	ML
Black pepper	0.5	1	1	Tsp
Vegetable oil	2	3	4	Tbsp
For soup				
Mushroom	250	250	500	Grams
Carrot	1	2	2	Pieces
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	1	2	2	Pieces
Lime	1	2	2	Piece
Salt	1	1	1	Tsp
To serve				
Large red chilli	1	2	2	Pieces
Spring onion	40	60	80	Grams



1 Make meatballs

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



2 Prep veggies

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

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 boiling soup and simmer for 5 min further.



5 Season

Slice the **lime** into wedges. Season the soup with a squeeze of **lime** juice and a pinch of **salt**.



6 Serve

Slice the **red chilli** and the **spring onion** thinly. Divide the **soup** among bowls. Garnish with the **chilli (spicy!)**, **spring onion** and any remaining **lime** wedges.



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