



Asian Chicken Meatball Soup with Noodles and Vegetables



DIFFICULTY: EASY



PREPARATION TIME: 10
MINUTES



COOKING TIME: 20 MINUTES



SERVES: 4

Ingredients

125 g rice vermicelli noodles
1 medium carrot, finely julienned
250 g snow peas, trimmed and cut diagonally into 3 pieces
400 g chicken mince
1 teaspoon grated fresh ginger
1 tbsp sweet chilli sauce
1 tbsp chopped fresh coriander
1 tbsp cornflour
6 cups (1.5 L) chicken stock
1 tsp ground white pepper
4 cm stem lemon grass, white part only, finely chopped
1 tsp soy sauce
2 tsp sesame oil
Salt, to taste
2 spring onions, finely sliced diagonally

Method

Place noodles in a small solid stainless steel tray with two cups of water. Place carrot and snow peas in the small perforated stainless steel tray. Put both the noodles and vegetables into a cold Neff FullSteam Oven, select FullSteam 100°C and cook for 2 minutes. Remove noodles and leave to soak in water for 5 minutes, then drain. Remove vegetables and set aside.

Combine chicken mince, ginger, chilli sauce, coriander and cornflour and mix well. Roll teaspoons of the mixture into balls.

Place meatballs on the large perforated stainless steel tray lined with baking paper. In a 4L capacity stainless steel bowl or tray, add the chicken stock, white pepper and lemon grass. Place both the meat balls and stock mixture in the Neff FullSteam oven, select FullSteam 100°C and cook for 10 minutes.

Add the meatballs, vegetables, noodles, soy sauce and sesame oil to the stock mixture. Season the soup with salt if desired. Cook soup on FullSteam 100°C for a further 2 minutes.

Ladle the soup into individual serving bowls and garnish with spring onions.

Notes

Soup can be made ahead and reheated on FullSteam. A single serving in a covered ceramic soup bowl will take 10 minutes at 100°C.

Take care when handling the bowl of liquid. We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. All herbs are fresh (unless specified) and cups are lightly packed. All vegetables are medium size and peeled, unless specified. All eggs are 55–60 g, unless specified.