

Spring Noodle Soup with Herby Lemon, Ricotta Chicken Meatballs

Colu Henry

Serves 4

Time 35 minutes

INGREDIENTS

For the meatballs:

1 pound ground chicken, preferably dark meat

1 ½ teaspoons salt

¼ cup ricotta

½ cup panko breadcrumbs

1 egg

Lemon zest from one lemon, about two teaspoons, plus more for garnish

2 heaping tablespoons, finely chopped chives, plus more for garnish

2 tablespoons, finely chopped mint, plus more for garnish

For the soup:

1 medium bulb fennel, finely chopped

6 cloves garlic, roughly chopped

3 scallions, thinly sliced

Kosher salt

6 cups chicken stock

8 ounces wide egg noodles

1 bunch broccolini (about 5 ounces) cut into ½-inch pieces

4 cup pea shoots, roughly chopped

1 cup frozen peas

METHOD

Combine all the ingredients for the meatballs and mix together until well combined. With damp hands, roll the mixture into 1-inch round balls, you should have about 16. Set side on a baking sheet.

Heat a large Dutch oven over medium heat. Add the oil and when it shimmers add the fennel, garlic, scallions and season well with salt. Cook, stirring frequently until softened, 2 to 3 minutes.

Add the broth and bring to a simmer. Carefully add the meatballs and poach for 10 to 12 minutes, until cooked through.

Meanwhile, cook your noodles according to package directions, drain and set aside.

Add in the broccolini, pea shoots and the peas to the broth mixture and cook 1 to 2 minutes more, until warmed through.

Divide the egg noodles among bowls and ladle soup over top. Top with a big pinch of flaky salt and more herbs and lemon should you like.