

Chicken Meatball & Orzo Soup

A variation on a traditional chicken soup. Packed with goodness and flavour, as well as being a real 'meal in a bowl'. Serves 6.

Ingredients

- 400g chicken or turkey mince
- 75g breadcrumbs
- 1 egg
- ¼ bunch parsley
- Pinch of garlic salt
- Salt
- Black pepper
- 30ml vegetable oil
- 1 onion
- 2 carrots
- 2 large garlic cloves
- 1.2 litres chicken stock (halal)
- 1 bay leaf
- 140g orzo
- ¼ bunch dill

Method

- Finely chop the parsley and place half in a bowl and reserve the rest for later.
- Add the chicken, breadcrumbs, egg, garlic salt, salt and black pepper and combine well.
- Make small meatballs from the mix, placing them onto a baking tray (lined with parchment paper) and into the fridge.
- Peel and finely dice the onion, carrot and garlic (keep garlic separate).
- Prepare the chicken stock with hot water and stock powder.
- Roast the meatballs at 180°C for 15-20 minutes until golden
- At the same time, place a large pan on the heat and add some oil, the diced onion and carrots and sauté until it begins to caramelize.
- When it's nicely golden, add crushed garlic and lower the heat to medium - sauté until garlic is fragrant.
- Once meatballs are almost cooked, add them to the veggies in the pot and then pour in chicken stock.
- Season with salt and pepper and add the bay leaf.
- Cover the pot with a lid and cook for about 15 minutes.
- Stir in orzo and cook until done (about 10 minutes but taste to check).
- Garnish with the reserved parsley and some chopped dill

