

Great RECIPES



Chicken & Ginger Meatballs in Asian Master Stock

Serves 4

Ingredients:

500ml Moredough Kitchens Asian Master Stock

500g chicken mince

1 tspn fresh ginger grated

½ tspn Chinese five spice

3-4 stems coriander root

3 eggs

3 drops pure sesame oil

2tspn soy sauce

1Tbspn Peanut oil

50g soba noodles

100g bean shoots

150g shredded Chinese cabbage (wombok)

200g broccolini

100g frozen soybeans

4-8 sprigs of fresh coriander leaves

Pepper to taste



To make the Meatballs.

Bring Master Stock to the boil in a pot that is suitable for a bamboo steamer basket.

Mix chicken, ginger, five spice, coriander, 1tspn soy sauce & pepper together until blended well and the meat is smooth. Roll into bite sized balls.

Place the meat balls in a greased steamer basket and steam over simmering Asian Master Stock until firm.

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To make the Omelette.

Whisk eggs together with sesame oil and 1tspn soy sauce.

Heat a frypan until very hot, add Peanut Oil and cook omelette until just firm.

Remove the omelette from the pan and leave to cool slightly before shredding into strips.

To prepare the noodles & vegetables.

Cook noodles in Master Stock according to instructions on pack.

Reserve the remaining stock.

Return Stock to the boil and blanch the soy beans, broccolini and cabbage until just tender. Again, reserve remaining stock.

To assemble the dish.

Divide prepared noodles into warmed bowls.

Top with vegetables.

Divide chicken meatballs between the dishes and top with shredded omelette.

Ladle hot stock into the bowls and finish with fresh coriander.

Cooks Notes:

- You may prefer more soup stock in your bowl. Start with 1L of Asian Master Stock.
- A little golden colour is also delicious on your meatballs. Toss the chicken meatballs quickly in a hot fry-pan with a little additional peanut oil. Cook quickly and toss gently for a little pan-fried colour. Be gentle so that they don't break apart.
- If you cannot find frozen soy beans, frozen peas will work just as well.
- Rice noodles are a nice alternative

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