



Creamy Lemon Soup with Lamb Mint Meatballs

READY IN



75 min.

SERVINGS



6

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 servings soup and serving
- ☐ 1 large eggs lightly beaten
- ☐ 3 large eggs
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 pound lamb

- ☐ 1 juice of lemon fresh
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 lemon zest shredded finely
- ☐ 2 lemon zest (use a vegetable peeler)
- ☐ 7 cups chicken broth reduced-sodium
- ☐ 6 servings meatballs
- ☐ 0.3 cup milk
- ☐ 6 servings mint and parsley fresh chopped
- ☐ 0.5 cup panko bread crumbs) (japanese-style
- ☐ 0.5 cup sushi rice
- ☐ 0.3 cup vegetable oil

Equipment

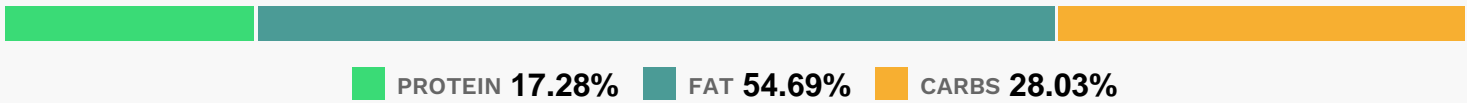
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Make meatballs: In a large bowl, combine egg, panko, milk, garlic, lemon zest, mint, parsley, salt, and pepper and let sit a few minutes for crumbs to soften.
- ☐ Add lamb, breaking up with your fingers, and mix well with your hands.
- ☐ With wet hands, form meat mixture into 3/4-in. balls (use about 3/4 tsp. for each) and set on a rimmed baking sheet. Chill until a little firmer, about 15 minutes.
- ☐ Meanwhile, make soup: In a large covered pot, bring broth and zest to a simmer.

- ☐ Add rice and simmer over low heat, partially covered, until rice is al dente, about 20 minutes.
- ☐ While soup simmers, heat oil in a large, heavy frying pan (preferably nonstick) over medium-high heat. Cook meatballs in 2 batches, turning once, to brown on 2 sides, about 6 minutes total. Shake pan, rolling meatballs around to brown a little further. With a slotted spoon, transfer meatballs to paper towels.
- ☐ With a slotted spoon, remove zest from soup and discard.
- ☐ Add meatballs and bring to a simmer over high heat. Turn off heat.
- ☐ In a medium bowl, whisk eggs to blend and add lemon juice.
- ☐ Whisk in a ladle of hot soup. One at a time, whisk in about 5 more ladles of soup, then return mixture to pot. Rewarm over low heat if needed.
- ☐ Serve immediately with more mint and parsley.
- ☐ Mastering meatballs. They sound rustic, but they're delicate things that suffer from over-handling. Here are tips for making them come out right.
- ☐ Mixing: Always start by mixing the bread crumbs (which keep the meatballs from getting tough), any liquids, and seasoning then add the meat. Stop when the mixture looks evenly blended; don't overwork it.
- ☐ Forming: Dampen your hands with cold water to keep the meat mixture from sticking while you roll it into balls. If it's still sticky, let it sit for a few minutes in the fridge.
- ☐ Browning: A good crust helps meatballs retain their shape important if they're going to simmer in a thick sauce. If you plan to eat them on their own or add them to broth, though, a light pan-frying will do the trick.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:10.68, Inflammation Score:-6, Nutrition Score:16.112608702286%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.54mg, Apigenin: 1.54mg, Apigenin: 1.54mg, Apigenin: 1.54mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 471.95kcal (23.6%), Fat: 28.69g (44.13%), Saturated Fat: 9.13g (57.09%), Carbohydrates: 33.09g (11.03%), Net Carbohydrates: 30.92g (11.24%), Sugar: 3.52g (3.91%), Cholesterol: 158.49mg (52.83%), Sodium: 1038.22mg (45.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.8%), Vitamin B3: 7.18mg (35.9%), Selenium: 21.65µg (30.93%), Potassium: 994.2mg (28.41%), Vitamin K: 29.6µg (28.19%), Vitamin B12: 1.52µg (25.41%), Phosphorus: 247.37mg (24.74%), Vitamin B2: 0.37mg (21.64%), Folate: 70.83µg (17.71%), Vitamin A: 832.35IU (16.65%), Iron: 2.88mg (16.01%), Zinc: 2.36mg (15.72%), Vitamin B1: 0.22mg (14.42%), Manganese: 0.28mg (13.93%), Copper: 0.26mg (13.19%), Calcium: 108.12mg (10.81%), Vitamin B5: 1.07mg (10.71%), Vitamin B6: 0.19mg (9.7%), Fiber: 2.16g (8.66%), Vitamin C: 6.79mg (8.23%), Vitamin E: 1.2mg (7.98%), Magnesium: 24.83mg (6.21%), Vitamin D: 0.82µg (5.44%)