

**Recipe:** Mama's Yummy Chicken-oats Ball Soup

Main dish

*A classic childhood dish of ABC macaronic soup with tender juicy chicken balls mixed with oats and carrots.*

Preparation time: 20 minutes

Cooking time: 20 minutes

Serves 20 children

Per serving = 6 chicken oat balls (60g) and vegetable & alphabet pasta soup (160g)



**Ingredients**

- Ingredients A:
  - 1kg chicken breast meat, minced
  - 200g instant oats\*
  - 100g tomato ketchup\*
  - 5g salt
  - 5g black pepper powder
- 10g olive oil\* (for brushing aluminium foil)
- 250g alphabet pasta (dry)
- Ingredients B:
  - 200g chopped celery
  - 200g chopped carrots
  - 200g chopped cabbage
  - 3 litre hot water
  - 3 cubes chicken stock cube (No MSG) \*
- 5g black pepper powder



\* Choose products with the Healthier Choice Symbol

**Nutrition Information**  
**(Per serving): 260g**  
**Energy** 130 kcal  
**Protein** 10.3 g  
**Total fat** 1.7 g  
     **Saturated fat** 0.4 g  
**Carbohydrates** 18.0 g  
**Dietary fibre** 1.8 g  
**Sodium** 357 mg

**Methods**

1. Mix ingredients A thoroughly and roll into ½" balls (10g each)
2. Arrange the chicken oat balls neatly on a sheet of lightly oiled aluminium foil and toast them for about 10 minutes.
3. Remove from toaster, roll them over and further toast for another 10 minutes. Set aside.
4. Cook the alphabet pasta as per the packaging instructions, drain and set aside.
5. Cook ingredients B in a sauce pan and bring it to a boil.
6. Add in pasta and cook for another minute.
7. Serve the soup piping hot with 2 chicken oat balls on the side, and sprinkle soup with black pepper powder.

Cost per Serving: \$ 0.50.

### **Tips**

- *To make the chicken oat balls more flavourful, you can add in 5g garlic powder or 5g onion powder when mixing the chicken ball ingredients.*
- *For a variety of colourful vegetables, use vegetables such as yellow capsicum, eggplant and long bean.*