

Chicken Miso Meatball Noodle Soup



Serves 4

Tips:

Use brown or forbidden rice noodles instead of plain ones. Or, omit the noodles and add 2 cups of zucchini noodles instead.

If you want to save some of the soup for later, add cooked rice noodles just before serving.

Reinvent the chicken miso meatballs as an appetizer. Serve with toothpicks and a simple dipping sauce: 2 parts low-sodium soy sauce, 1 part white vinegar, sliced scallions, and red pepper flakes.

Meatballs:

- 1 pound lean ground chicken
- 1 cup fresh whole wheat bread crumbs or almond flour
- 1 large bunch scallions, white and tender green parts finely chopped, dark green parts reserved for garnish
- 2 tablespoons white miso paste
- 1 large egg
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger

Soup and assembly

- 6 cups chicken or vegetable broth
- 1 bunch broccolini, trimmed and cut into bite-sized pieces
- 8 ounces rice noodles
- 1 tablespoon low-sodium soy sauce or tamari
- 1 teaspoon toasted sesame oil (optional)
- Hot sauce (optional)

Preheat the oven to 350°F with a rack set in the center position. Line a rimmed baking sheet with parchment paper; set aside.

Place the chicken, bread crumbs, scallions, miso paste, egg, garlic, and ginger in a medium bowl. Use your hands to gently combine, then roll and shape mixture into 1-inch balls, placing on the baking sheet as you work. You should have 25 to 30 meatballs. Bake until springy to the touch and starting to brown, or an instant-read thermometer placed in the center of a meatball reads 165°F, 15 to 20 minutes.

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In a large saucepan, bring the broth to a gentle simmer over medium-high heat. Add the broccolini and cook over medium heat until just starting to soften, about 2 minutes. Turn off the heat and move the pot away from the burner. Stir in the meatballs and the noodles, cover, and let sit until the noodles are limp, about 5 minutes. Stir in the reserved scallion greens, soy sauce, and sesame oil (if using).

Serve with hot sauce on the side, if you like.