Veggie & chicken meatball soup

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Preparation 30 mins | Cooking 65 mins | Serves 4

300g chicken mince
¾ cup fresh wholegrain breadcrumbs
½ cup flat-leaf parsley, chopped
1 free-range egg
2 tbs olive oil
1 brown onion, finely chopped
3 garlic cloves, finely chopped
2 sticks celery, chopped
2 carrots, chopped
1 large potato, peeled and diced
5 cups chicken stock
1 cup finely shredded Savoy cabbage
2 tbs grated parmesan, to serve

STEP 1   To make the meatballs, combine chicken, breadcrumbs, half of the parsley and egg in a bowl. Season with salt and pepper. Shape mixture into 20 small balls (about the size of a 50c piece). Place onto a plate, cover and refrigerate.

STEP 2   Meanwhile, heat oil in a large pan over medium heat. Add onion and cook, stirring often, for 3 minutes until just tender. Add garlic, celery, carrots and potato. Cook, stirring often, for 5 minutes.

STEP 3   Add stock and cabbage, cover and bring to the boil. Reduce heat, cover and simmer over medium-low heat for 45 minutes. Add chicken meatballs and remaining parsley and simmer for 8-10 minutes until chicken meatballs are just cooked through. Season with salt and pepper, sprinkle with parmesan and serve.