

Chicken and pancetta meatballs in kale broth

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Bill Granger reveals some of his favourite low fat recipes.

Ingredients (serves 4)

- 1 tbsp olive oil
- 1 onion, finely diced
- 75 g sliced pancetta, finely chopped
- 1 tbsp finely chopped rosemary, plus 1 sprig
- 6 sage leaves, finely chopped
- 2 tbsp freshly grated parmesan cheese, plus extra to serve
- 400 g organic chicken mince
- 30 g (1/3 cup) fresh white breadcrumbs
- 1 free-range egg white, lightly beaten
- 1.75 litres (7 cups) chicken stock
- 1 bay leaf
- 1 [zucchini](#), cut into chunks
- 300 g winter leaves, such as kale, cavolo nero or savoy cabbage, tough stalks removed and cut into pieces

METHOD

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Heat the olive oil in a large, heavy-based frying pan. Add the onion and pancetta and cook for eight minutes, or until the onion is soft and the pancetta is starting to crisp. Add the chopped rosemary and sage leaves and continue to cook for one minute. Remove from the heat and transfer to a large mixing bowl to cool.

Add the Parmesan, mince and breadcrumbs to the onion mixture and combine. Gradually add the egg white and squeeze the mixture with your hands until well combined. Add more breadcrumbs if the mixture feels too wet; extra egg white if too dry. Wet your hands to form the mixture into walnut-sized balls, place on a lined tray and chill until ready to cook.

Pour the chicken stock into a large saucepan and slowly bring to the boil with the rosemary sprig and bay leaf. Lower the meatballs into the broth and cook for 10 minutes, skimming the broth occasionally to ensure it is clear. Add the zucchini and winter leaves and cook for a further six to seven minutes until they are tender but still vibrant green. Ladle into large soup bowls and finish with freshly grated Parmesan cheese.

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Recipe from [Bill's Italian Food](#).

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