



THAI BOUNESCHLUPP WITH FENNEL MEATBALLS

Prep: 15min – Cooking 35 min – Serves 4 – Easy

1 onion
250g French beans
1 potato (250g)
1 tbsp sunflower oil
30g fresh ginger
1 lemongrass stalk
2 kaffir lime leaves (optional)
1 red chili
500ml chicken stock
500ml vegetable stock
2 handfuls fresh tarragon
salt

For the meatballs:

400g pork mince
1 ½ tbsp breadcrumbs
1 ¼ tsp fennel seeds
½ tsp salt
2 tbsp fresh tarragon, chopped
1 tbsp sunflower oil

1. Start by preparing the vegetables. Peel the onion, cut in half and then cut into thin slices. Trim the French beans and cut into 2cm long sticks. Peel the potato and cut into small 1cm cubes.
2. Heat the sunflower oil in a large saucepan and fry the onion for 4 minutes until softened.
3. Meanwhile, peel the ginger and cut into rough slices. Bash the lemongrass stalk with a rolling pin and cut in half. Cut the chili lengthwise in half.
4. Add the ginger, the lemongrass and the chili to the saucepan and fry with the onion for another minute until fragrant. Add the beans, the potatoes, the kaffir lime leaves, the

chicken and vegetable stock and 200ml water. Cover and bring to a boil. Turn down the heat to medium and simmer for 15 minutes.

5. Meanwhile, prepare the meatballs. Put the pork mince and the breadcrumbs into a bowl. Crush the fennel seeds in a pestle and mortar and add to the meat. Add the salt and the chopped tarragon and mix into a homogenous mass. Form 20 little walnut-sized meatballs and put onto a plate.
6. Heat the sunflower oil in a frying pan, add the meatballs and fry for 5 minutes until golden on all sides.
7. Before serving, season the soup with salt and add the fresh tarragon. Put a few ladles of the soup into four bowls and add 5 meatballs to each portion.

