



#### INGREDIENTS

- 2.5 litres chicken stock
- Salt flakes, to taste
- 250g fregola
- 2 teaspoons sambal oelek (or a sprinkle of dried chilli flakes)
- 1 very finely sliced spring onion
- ½ cup finely chopped flat-leaf parsley
- 3 eggs
- ¼ cup lemon juice
- ½ cup freshly grated parmesan cheese

### Avgolemono-style Soup with Fregola

Who doesn't love a good chicken soup - the universal panacea? This version tastes so good and is more of a meal than a soup. It came about as a way to use up the delicious chicken stock leftover from making Steeped Chicken and I suggest you make it with fresh stock or don't bother - as it won't taste particularly special made with packet stock or stock cubes. I'd always wanted to try my hand at avgolemono, the Greek egg and lemon soup that often includes rice, or rice-shaped pasta. I decided to use Sardinian fregola (the authentic toasted variety with some pieces darker than others), which has a wonderful nutty flavour. I added some parmesan and my favourite chilli-hit, sambal oelek (the Conimex brand is just chilli and salt so no Asian flavour); you could use dried chilli flakes, finely chopped fresh chilli, or leave the chilli out all together if you prefer. So, it's a bit of a cultural mish-mash that doesn't look great but tastes superb.

**Serves 4**

#### METHOD

1. Bring stock to the boil and add salt.
2. Add fregola and return to the boil, stir in sambal oelek and spring onion.
3. Lightly whisk eggs, lemon juice and parmesan together.
4. When pasta is just al dente, remove soup from the heat and drizzle in the egg mixture, stirring constantly.
5. Return to the heat and stir until it simmers.
6. Stir in parsley and serve.