



UCCOOK

Green Curry Chicken Meatballs

with rice noodles & fresh coriander

A bowl of rice noodles is drenched in a fragrant & creamy green curry sauce featuring tender chicken meatballs. Served with a cucumber & lime salad, and garnished with fresh coriander & spring onion.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Isabella Melck

 ***NEW Simple & Save**

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

50g	Rice Vermicelli Noodles
150g	Free-range Chicken Mince
1	Spring Onion <i>trimmed & finely sliced, keeping the white & green parts separate</i>
10ml	Green Curry Paste
50g	Cucumber <i>cut into thin matchsticks</i>
10ml	Lime Juice
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
10g	Fresh Ginger <i>peeled & grated</i>
100ml	Coconut Milk

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. GLASSY NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain and rinse in cold water.

2. MINCE MATE In a bowl, combine the mince, $\frac{1}{2}$ the spring onion whites (to taste), $\frac{1}{4}$ of the curry paste (to taste), and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs. Set aside.

3. FRY THE MEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and almost cooked through, 2-3 minutes (shifting occasionally). Remove from the pan.

4. CUCUMBER SALAD Place the cucumber matchsticks into a bowl with the lime juice, $\frac{1}{2}$ the chopped coriander, a drizzle of olive oil and seasoning. Set aside.

5. GREEN CURRY SAUCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the remaining curry paste, the grated ginger (to taste), and remaining spring onion whites until fragrant, 2-3 minutes (shifting constantly). Pour in the coconut milk and 50ml of water. Simmer until reduced, 4-6 minutes. Add the browned meatballs to the sauce to cook through, 1-2 minutes. Add a sweetener and seasoning.

6. GET BOWLED OVER! Bowl up the cooked noodles. Ladle in the green curry sauce and meatballs and garnish with the remaining chopped coriander and the spring onion greens. Finish with the lime-cucumber matchsticks. Wow, Chef!

Nutritional Information

Per 100g

Energy	589kJ
Energy	141kcal
Protein	7.8g
Carbs	12g
of which sugars	0.8g
Fibre	0.6g
Fat	7.2g
of which saturated	4.4g
Sodium	158mg

Allergens

Allium, Sulphites

Cook
within 1
Day