



UCOOK

Thai Curry & Pork Meatballs

with coconut milk & lemon zest

An extravaganza of Thai flavours! The curry sauce is made with coconut milk, spicy red curry paste, pumpkin pieces and wilted spinach. Inside are the juiciest and most tender Thai 7-spice-infused pork meatballs. What are you waiting for?

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Tess Witney

 Carb Conscious

 Creation Wines | Creation Pinot Noir

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Ingredients & Prep

2	Onions <i>1½ peeled & finely diced</i>
60ml	Thai Red Curry Paste
600g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
600ml	Coconut Milk
450g	Pork Mince
22,5ml	Thai Spice
225g	Spinach <i>rinsed & roughly shredded</i>
12g	Fresh Coriander <i>picked, rinsed & roughly chopped</i>
1	Lemon <i>¾ zested & cut into wedges</i>
150g	Pickled Bell Peppers <i>drained & finely diced</i>
15ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. START THE SAUCE Preheat the oven to 200°. Place a large pot for the curry over a medium heat with a drizzle of oil. When hot, sauté ¾ of the diced onion for 5-6 minutes until soft and translucent. Mix in ⅔ of the curry paste (or to taste) and fry for another minute until fragrant, shifting constantly. Add the pumpkin pieces and fry for 3-4 minutes, shifting occasionally. Pour in the coconut milk and stir to incorporate. Bring to a simmer, cover, and cook for 15-20 minutes, stirring occasionally, until the pumpkin is tender and reduced to your preference.

2. GET HANDS-ON In a bowl, combine the mince with the Thai spice to taste. Mix in the remaining onion to preference and season to taste. Wet your hands slightly to stop the mixture from sticking, and roll into 4-5 meatballs per portion. Place on a greased baking tray and coat in a little oil.

3. ROASTIN ON THE RIVER! Pop the tray of meatballs in the hot oven and bake for 7-8 minutes until browned but not cooked through, shifting halfway. Remove from the oven on completion.

4. FINAL TOUCHES Once the curry has thickened and the pumpkin has softened, mix in some more curry paste if you'd like it spicier. Pop in the meatballs. Simmer for 4-5 minutes until the meatballs are cooked through, basting occasionally. In the final 1-2 minutes, stir through the shredded spinach, ½ of the chopped coriander and cook until wilted. Season to taste with lemon juice, the lemon zest, salt, and pepper. Remove from the heat on completion.

5. HURRY, IT'S THAI CURRY! Serve up some Thai curry and meatballs. Scatter over the diced pickled peppers, sesame seeds, and remaining coriander. Garnish with a lemon wedge and dive in!

Nutritional Information

Per 100g

Energy	484kJ
Energy	116kcal
Protein	4.3g
Carbs	7g
of which sugars	3.6g
Fibre	1.4g
Fat	7.7g
of which saturated	4.6g
Sodium	8mg

Allergens

Allium, Sulphites, Tree Nuts, Shellfish

Cook
within 1
Day