



# UCOOK

## Coconut Chicken Meatball Curry

**with a poppadom, cashew nuts & green  
bell pepper**

The ideal blend of flavours and tasty ingredients. A sauce is made creamy with coconut milk, spicy with red curry paste, and delicious with kale & green bell pepper. Crowned with juicy chicken meatballs and served with a poppadom to scoop up all that yummy goodness!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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 Carb Conscious

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 Sijnn Wines | Sijnn White Blend

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## Ingredients & Prep

1	Onion <i>peeled &amp; finely diced</i>
1	Green Bell Pepper <i>ripped, deseeded &amp; cut into bite-sized pieces</i>
20g	Fresh Ginger <i>peeled &amp; grated</i>
40ml	Red Curry Paste
80ml	Curry Sauce <i>(60ml Peanut Butter &amp; 20ml Low Sodium Soy Sauce)</i>
200ml	Coconut Milk
300g	Free-range Chicken Mince
2	Poppadoms
200g	Kale <i>ripped &amp; roughly shredded</i>
100g	Corn
30ml	Lime Juice
20g	Cashew Nuts <i>roughly chopped</i>

## From Your Kitchen

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

**1. START THE SAUCE** Place a pot over medium-high heat with a drizzle of oil. When hot, add ½ the diced onion and all the pepper pieces and fry for 3-4 minutes until soft, shifting occasionally. Add the grated ginger and the curry paste (to taste) and fry for 1 minute until fragrant, shifting constantly. Add the curry sauce, the coconut milk, and 200ml of water. Bring to a simmer, cover, and cook for 10-12 minutes until slightly reduced, stirring occasionally.

**2. GET HANDS-ON** In a bowl, combine the mince, the remaining onion, and seasoning. Wet your hands slightly to stop the mixture from sticking, and roll into 4-5 meatballs per portion.

**3. FRY 'EM, CHEF** Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs for 3-4 minutes until browned but not cooked through, shifting occasionally. Remove from the pan and set aside.

**4. CRISPY & GOLDEN** Return the pan to medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms, one at a time, for 30 seconds per side. As soon as the poppadom starts curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

**5. BRING IT ALL TOGETHER** Once the curry has reduced, pop in the browned meatballs and simmer for 3-4 minutes until cooked through, basting occasionally. In the final 2-3 minutes, add the shredded kale and the corn. Season with the lime juice (to taste), salt, and pepper.

**6. BOWL UP!** Dish up the meatball curry. Sprinkle over the chopped cashews. Side with a poppadom. Get dunking, Chef!



## Chef's Tip

If you would like to toast the cashew nuts, place them in a pan over medium heat. Toast for 3-5 minutes until browned.

## Nutritional Information

Per 100g

Energy	474kj
Energy	113kcal
Protein	6.2g
Carbs	7g
of which sugars	2g
Fibre	1.9g
Fat	6.7g
of which saturated	2.8g
Sodium	231mg

## Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Tree Nuts, Soy

Cook  
within 1  
Day