



U C O O K

— COOKING MADE EASY

Thai Chicken Meatballs

with flat rice noodles, curried butternut & fresh lime

The ideal blend of Thai flavours and healthy ingredients. A sauce made creamy with coconut milk, spicy with red curry paste, and nutritious with butternut, spinach, cabbage, and carrot. Top it off with juicy, spice-infused chicken meatballs and crunchy cashews.

Hands-On Time: 40 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Tess Witney

 **Health Nut**

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Ingredients & Prep

600g	Chicken Mince
30ml	NOMU Oriental Rub
2	Onion <i>peeled & finely diced</i>
40g	Cashew Nuts
80ml	Thai Red Curry Paste
800ml	Coconut Milk
600g	Butternut Chunks <i>cut into 1cm cubes</i>
200g	Flat Rice Noodles
300g	Shredded Red Cabbage and Julienne Carrots
3	Lime <i>zested & cut into wedges</i>
320g	Spinach <i>rinsed & roughly shredded</i>
10g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. PREP THE MEATBALLS & TOAST THE NUTS Preheat the oven to 200°C. Place the mince in a bowl with the Oriental Rub. Add a quarter of the diced onion (or to your taste preference). Mix until well combined and season to taste. Wet your hands slightly and roll into 4-5 meatballs per portion. Place on a greased baking tray and set aside until baking. Place the cashews in a large pot over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pot on completion and set aside. Roughly chop when cool enough to handle.

2. THAI CURRY SAUCE Return the pot to a medium heat with a drizzle of oil. When hot, sauté the remaining diced onion for 5-6 minutes until soft. Mix in the curry paste (to taste) and fry for another minute until fragrant, shifting constantly. Pour in the coconut milk and stir until the curry paste has incorporated into the liquid. Stir through the butternut cubes and bring to a simmer. Pop on a lid and cook for 12-15 minutes, stirring occasionally.

3. BAKE THE MEATBALLS Pop the tray of meatballs in the oven and bake for 12-15 minutes until cooked through and glossy, shifting halfway. Remove from the oven on completion.

4. RICE NOODLES & CABBAGE Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir and cover with a plate. Set aside to soak for 6-8 minutes until cooked through and glassy. Drain on completion and toss through some oil to prevent sticking. Place a quarter of the cabbage and carrot in a bowl and toss through some lime zest and the juice of 4 lime wedges. Set aside for serving.

5. FINISHING TOUCHES Once the sauce has thickened and the butternut is cooked, add in the shredded spinach and the remaining cabbage and carrot. Stir for 2-3 minutes until the spinach has wilted. Squeeze in the juice of 4 lime wedges, stir through some lime zest, and season to taste. Add in the cooked meatballs and toss until coated in sauce. Remove the pot from the heat.

6. BOWL UP! Serve up some rice noodles, spoon over the Thai curried veg and sauce, and top with the meatballs. Scatter over the zesty slaw, chopped coriander, and chopped, toasted cashews. Garnish with some lime zest to taste and serve with a lime wedge on the side. Delish, Chef!



Chef's Tip

Always add curry paste to your taste preference — you don't have to add it all! When the sauce is nearing completion, taste to test the spice levels. If you'd like to increase the heat, gradually stir in any remaining curry paste.

Nutritional Information

Per 100g

Energy	473kJ
Energy	113Kcal
Protein	4.7g
Carbs	11g
of which sugars	2g
Fibre	1.5g
Fat	5.7g
of which saturated	3.6g
Sodium	265mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook
within 3
Days