



UCOOK

Thai Chicken Meatballs

with coconut milk, broccoli florets & fresh lemon

The ideal blend of Thai flavours and healthy ingredients. A sauce made creamy with coconut milk, spicy with red curry paste, and nutritious with spinach, and broccoli florets. Crowned with juicy, spice-infused chicken meatballs.


Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Tess Witney

 Carb Conscious

 Leopard's Leap | Culinaria Chenin Blanc

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Ingredients & Prep

150g	Broccoli Florets <i>cut into bite-sized pieces</i>
1	Onion <i>½ peeled & finely diced</i>
20ml	Spice & All Things Nice Thai Red Curry Paste
200ml	Lite Coconut Milk
150g	Free-range Chicken Mince
7,5ml	NOMU Oriental Rub
10g	Cashew Nuts
75g	Spinach <i>rinsed & roughly shredded</i>
1	Lemon <i>½ zested & cut into wedges</i>
20g	Pickled Bell Peppers <i>drained & finely diced</i>
1	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. BROCCOLI ROASTIN' Preheat the oven to 200°C. Place the broccoli pieces on a roasting tray. Coat in oil and season. Roast in the hot oven for 15-20 minutes until cooked through and crisping up, shifting halfway.

2. START THE SAUCE Place a pot for the curry over a medium heat with a drizzle of oil. When hot, sauté ¾ of the diced onion for 2-3 minutes until soft and translucent. Mix in ⅔ of the curry paste (or to taste) and fry for another minute until fragrant, shifting constantly. Pour in the coconut milk and stir to incorporate. Bring to a simmer, cover, and cook for 10-12 minutes, stirring occasionally, until slightly reduced.

3. GET HANDS-ON In a bowl, combine the mince with the rub 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.

4. GRAB YOUR PAN Place the cashews in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. Return the pan to a medium-high 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 on completion and drain on paper towel.

5. FINAL TOUCHES Once the curry has thickened, mix in some more curry paste if you'd like it spicier. Pop in the meatballs and simmer for 3-4 minutes until cooked through, basting occasionally. In the final minute, stir through the shredded spinach and cook until wilted. Season to taste with lemon juice, zest, salt, and pepper. Remove from the heat on completion.

6. BOWL UP! Serve up some roasted broccoli and spoon over the Thai curry and meatballs. Scatter over the diced pickled peppers, chopped cashews, and the chopped coriander. Garnish with a lemon wedge and get to it!



Chef's Tip

To check if your meatballs are seasoned enough, pop a pan over a high heat with a small drizzle of oil. When hot, fry a bite-size piece of the meatball mixture for 1-2 minutes until cooked through. Taste to test and add more seasoning to the raw mixture if needed.

Nutritional Information

Per 100g

Energy	402kJ
Energy	96kcal
Protein	5g
Carbs	5g
of which sugars	1.9g
Fibre	1.5g
Fat	6.1g
of which saturated	4g
Sodium	179mg

Allergens

Allium, Sesame, Sulphur
Shellfish/Seafood

Cook
within 1
Day