



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: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Isabella Melck

 ***NEW Simple & Save**

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

200g	Rice Vermicelli Noodles
600g	Free-range Chicken Mince
2	Spring Onions <i>trimmed & finely sliced, keeping the white & green parts separate</i>
40ml	Green Curry Paste
200g	Cucumber <i>cut into thin matchsticks</i>
40ml	Lime Juice
15g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
40g	Fresh Ginger <i>peeled & grated</i>
400ml	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 per portion. 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 200ml of water. Simmer until reduced, 6-8 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