



UCOOK

Thai Chicken Meatballs

with coconut milk, basmati, 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, and brown basmati. Crowned with juicy, spice-infused chicken meatballs.


Hands-On Time: 40 minutes

Overall Time: 60 minutes

Serves: 3 People

Chef: Tess Witney

 Health Nut

 Steenberg Vineyards | Sphynx Chardonnay

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300ml	Brown Basmati Rice
2	Onions <i>1½ peeled & finely diced</i>
60ml	Thai Red Curry Paste
450g	Butternut Chunks <i>cut into bite-sized pieces</i>
600ml	Coconut Milk
450g	Chicken Mince
22,5ml	Cape Herb & Spice Thai 7 Spice
30g	Cashew Nuts
225g	Spinach <i>rinsed & roughly shredded</i>
2	Limes <i>1½ zested & cut into wedges</i>
150g	Pickled Bell Peppers <i>drained & finely diced</i>
8g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. BUBBLE THE RICE Preheat the oven to 200°C. Rinse the rice and place in a pot. Submerge in 700ml of salted water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork. Replace the lid and set aside to keep warm until serving.

2. START THE SAUCE 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 butternut pieces and fry for 3-4 minutes. Pour in the coconut milk and stir until the curry paste has been incorporated. Bring to a simmer, pop on a lid, and cook for 15-20 minutes, stirring occasionally.

3. GET HANDS-ON In a bowl, combine the mince with the Thai 7 spice to taste. Mix in the remaining onion to your preference and season to taste. Wet your hands slightly to stop the mixture from sticking to them, and roll into 4-5 meatballs per portion. Place on a lightly greased baking tray and coat in a little oil.

4. TOASTIN' & ROASTIN' Place the cashews in a small 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. 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.

5. FINAL TOUCHES Once the curry has thickened and the butternut has softened, mix in some more curry paste if you'd like to increase the spice. Stir through the shredded spinach and pop in the meatballs. Simmer for 4-5 minutes until the meatballs are cooked through, basting and shifting occasionally. Season to taste with lime juice, zest, salt, and pepper. Remove from the heat on completion. Toss ½ of the chopped coriander through the cooked rice.

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



Chef's Tip

To check if your meatball mince mixture is seasoned enough, first fry a bite-sized piece 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	542kj
Energy	130Kcal
Protein	5.2g
Carbs	14g
of which sugars	3g
Fibre	1.9g
Fat	5.8g
of which saturated	3.4g
Sodium	268mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 2
Days