

Eat Within 3 Days

UCOOK

Homemade Thai Beef Meatball Curry

with roasted butternut in a silky coconut cream curry

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info	Per 100g	Per Portion
Energy	505kJ	4075kJ
Energy	121kcal	975kcal
Protein	4.9g	39.3g
Carbs	7g	59g
of which sugars	2.2g	17.8g
Fibre	1.4g	11.3g
Fat	7.5g	60.8g
of which saturated	4.4g	35.4g
Sodium	238mg	1923mg

Allergens: Sulphites, Sesame, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut *rinse, deseed, peel (optional) & cut into bite-sized pieces*
5ml	10ml	Black Sesame Seeds
150g	300g	Beef Mince
10ml	20ml	NOMU One For All Rub
1	1	Onion *peel & roughly dice ½ [1]*
20ml	40ml	Red Curry Paste
150ml	300ml	Coconut Cream
75g	150g	Spinach *rinse & roughly shred*
7.5ml	15ml	Lemon Juice
3g	5g	Fresh Coriander *rinse, pick & roughly chop*

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water

1. BUTTERNUT ROASTIN' Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. TOASTING Place the sesame seeds in a pot (big enough for the curry) over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. GET HANDS-ON In a bowl, combine the mince with the NOMU rub, ½ the onion (to taste), and seasoning. Wet your hands slightly to stop the mixture from sticking, and roll into 4-5 meatballs per portion. Place on a baking tray and coat in a little oil.

4. MMMEATBALLS Return the pot to medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes (shifting as they colour). Remove from the pot.

5. START THE SAUCE Return the pot to medium heat with a drizzle of oil (if necessary). Fry the remaining onion until golden, 4-5 minutes (shifting occasionally). Mix in 2/3 of the curry paste (to taste) and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut milk and 50ml [100ml] of water. Cover and simmer until slightly reduced, 4-5 minutes (stirring occasionally).

6. FINAL TOUCHES Once the curry has thickened, mix in the remaining curry paste if you'd like more spice. Pop in the meatballs and simmer until cooked through, 3-4 minutes (basting occasionally). In the final minute, stir through the spinach and simmer until wilted. Add the lemon juice (to taste) and seasoning. Remove from the heat.

7. BOWL UP! Serve up the roasted butternut with the Thai curry and meatballs. Scatter over the toasted seeds and the coriander. Enjoy, Chef!