



# UCOOK

## Chicken Meatball Coconut Curry

with a **buttery naan** & **fresh coriander**

Choose your all-time favourite Netflix movie, snuggle in front of the TV, and indulge in a bowl of rich coconut curry, spiced up with red curry paste, balanced with lemon juice, and made satisfyingly nutritious with homemade chicken meatballs. Don't forget to grab a buttery naan bread, Chef!

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People


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**Chef:** Suné van Zyl

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Fan Faves

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 Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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## Ingredients & Prep

450g	Free-range Chicken Mince
2	Onions <i>peel &amp; finely dice ¾</i>
2	Bell Peppers <i>rinse, deseed &amp; cut 1½ into strips</i>
3	Garlic Cloves <i>peel &amp; grate</i>
90ml	Red Curry Paste
300ml	Coconut Cream
8g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
30ml	Lemon Juice
1	Naan Bread

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter  
Sugar/Sweetener/Honey

**1. MAKE THE MEATBALLS** In a bowl, combine the mince, the diced onion (to taste), and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

**2. FRY THE FLAVOURBOMBS** Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). Remove from the pan.

**3. CURRY BASE & PASTE** Peel & cut the remaining onion into wedges. Return a pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion wedges until golden, 6-7 minutes (shifting occasionally). Add the pepper pieces and fry until lightly charred, 4-6 minutes (shifting occasionally). Add the grated garlic, the curry paste (to taste), and fry until fragrant, 1-2 minutes. Add a sweetener (to taste), and season.

**4. CREAMY COCONUT CURRY** Add the coconut cream, ½ of the chopped coriander, 300ml of water, and the fried meatballs. Simmer until the meatballs are heated through and the sauce is slightly thickened 5-6 minutes. Remove from the heat and add the lemon juice (to taste).

**5. BUTTERY NAAN** Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, toast the naan until golden, 1-2 minutes per side.

**6. SATISFYING CURRY DINNER** Bowl up the creamy coconut curry, garnish with the remaining coriander, and serve with the buttery naan.

## Nutritional Information

Per 100g

Energy	488kj
Energy	117kcal
Protein	5.6g
Carbs	11g
of which sugars	2.2g
Fibre	1.2g
Fat	5.4g
of which saturated	3.1g
Sodium	270mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat  
Within  
1 Day