



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!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Suné van Zyl

Fan Faves

 Deetlefs Wine Estate | Deetlefs Estate Chenin
Blanc

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Ingredients & Prep

150g	Free-range Chicken Mince
1	Onion <i>peel & finely dice ¼</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
1	Garlic Clove <i>peel & grate</i>
30ml	Red Curry Paste
100ml	Coconut Cream
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
10ml	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. 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, 4-5 minutes (shifting occasionally). Add the pepper pieces and fry until lightly charred, 3-4 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, 100ml of water, and the fried meatballs. Simmer until the meatballs are heated through and the sauce is slightly thickened 4-5 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