



UCCOOK

Thai Curry & Homemade Pork Meatballs

with roasted butternut & toasted sesame seeds

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	381kj	4191kj
Energy	91kcal	1003kcal
Protein	3.5g	37.9g
Carbs	6g	71g
of which sugars	2.1g	23g
Fibre	1.4g	15.5g
Fat	5.5g	60.7g
of which saturated	3.1g	34.6g
Sodium	172mg	1887mg

Allergens: Allium, Sesame, Sulphites

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	1	Onion <i>peel & finely dice</i>
20ml	40ml	Red Curry Paste
200ml	400ml	Coconut Milk
150g	300g	Pork Mince
10ml	20ml	NOMU One For All Rub
5ml	10ml	Black Sesame Seeds
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into strips</i>
75g	150g	Spinach <i>rinse & roughly shred</i>
15ml	30ml	Lemon Juice
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

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. START THE SAUCE Place a pot for the curry over medium heat with a drizzle of oil. When hot, fry 3/4 of the 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, 6-8 minutes (stirring occasionally).

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

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

5. GRAB YOUR PAN Return the pan 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 pan.

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 pepper and the spinach 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!