



# UCOOK

## South Asian Chicken Meatball Curry

**with jasmine rice, charred long stem broccoli & pak choi**

This recipe delicately balances bold flavours to ensure every bite is interesting. A bed of jasmine rice is topped with handmade chicken meatballs loaded with garlic, ginger, coriander & spices. Everything is deliciously drenched in a coconut milk-based sauce and sided with charred broccoli & pak choi.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes


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**Serves:** 1 Person


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**Chef:** Jemell Willemborg

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 Adventurous Foodie

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 Creation Wines | Creation Viognier/Roussanne

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## Ingredients & Prep

100ml	Jasmine Rice <i>rinsed</i>
150g	Pak Choi <i>trimmed at the base</i>
150g	Free-range Chicken Mince
10g	Fresh Ginger <i>peeled &amp; grated</i>
1	Garlic Clove <i>peeled &amp; grated</i>
4g	Fresh Coriander <i>rinsed, picked &amp; finely chopped</i>
15ml	Spicy Rub <i>(10ml NOMU Oriental Rub &amp; 5ml Dried Chilli Flakes)</i>
1	Spring Onion <i>finely sliced</i>
200ml	Coconut Milk
10ml	Stock & Fish Sauce <i>(5ml NOMU Vegetable Stock &amp; 5ml Fish Sauce)</i>
10ml	Lemon Juice
100g	Long Stem Broccoli

## From Your Kitchen

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

**1. FLUFFY RICE** Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. SOME PREP** Separate the leaves of the trimmed pak choi and rinse well. Finely slice the stems and set aside. Slice the green, leafy parts in half lengths, keeping them separate from the stems.

**3. MAKE THE MEATBALLS** In a bowl, add the chicken mince, the grated garlic & ginger, ½ the chopped coriander, and ½ the spicy rub, and seasoning. Wet your hands slightly and roll into 4-5 meatballs. Set aside.

**4. BROWN THE MEATBALLS** Place a non-stick pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 1-2 minutes (shifting occasionally). Remove from the pan.

**5. SOUTH ASIAN FLAVOURS** Return the pan to medium heat with a drizzle of oil. When hot, add the sliced spring onion, the pak choi stems and fry until soft, 2-3 minutes. Pour in the coconut milk and the stock & fish sauce. Simmer until slightly reduced, 8-10 minutes. In the final 1-2 minutes, add the meatballs and simmer until cooked through. Stir through the lemon juice (to taste), a sweetener, and seasoning.

**6. FRY THE GREENS** Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, add the long stem broccoli, and fry until slightly charred, 5-6 minutes. In the final 1-2 minutes, add the sliced pak choi leaves, the remaining spicy rub, and cook until wilted.

**7. DINNER IS READY** Make a bed of the fluffy rice, top with the flavourful meatballs, and all the sauce. Side with the pan-fried greens, and garnish with the remaining coriander. Good job, Chef!

## Nutritional Information

Per 100g

Energy	498kj
Energy	119kcal
Protein	5.3g
Carbs	12g
of which sugars	1.1g
Fibre	1.2g
Fat	5.6g
of which saturated	3.8g
Sodium	215mg

## Allergens

Dairy, Allium, Sesame, Sulphites, Fish, Shellfish

Cook  
within 1  
Day