



# UCCOOK

## Thai Curry & Homemade Pork Meatballs

**with roasted butternut & toasted sesame seeds**

The ideal blend of Thai flavours and delicious ingredients. A sauce made creamy with coconut milk and spicy with red curry paste, served with roasted butternut. Elevated even further with juicy, spice-infused pork meatballs.

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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Carb Conscious

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Creation Wines | Creation Pinot Noir

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## Ingredients & Prep

|       |                                                                                     |
|-------|-------------------------------------------------------------------------------------|
| 1kg   | Butternut<br><i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i> |
| 2     | Onions<br><i>peel &amp; finely dice</i>                                             |
| 80ml  | Red Curry Paste                                                                     |
| 800ml | Coconut Milk                                                                        |
| 600g  | Pork Mince                                                                          |
| 40ml  | NOMU One For All Rub                                                                |
| 20ml  | Black Sesame Seeds                                                                  |
| 2     | Bell Peppers<br><i>rinse, deseed &amp; cut into strips</i>                          |
| 300g  | Spinach<br><i>rinse &amp; roughly shred</i>                                         |
| 60ml  | Lemon Juice                                                                         |
| 10g   | Fresh Chives<br><i>rinse &amp; finely slice</i>                                     |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. BUTTERNUT ROASTIN'** Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

**2. START THE SAUCE** Place a pot for the curry over medium heat with a drizzle of oil. When hot, fry  $\frac{3}{4}$  of the diced onion until golden, 6-7 minutes (shifting occasionally). Mix in  $\frac{2}{3}$  of the curry paste (to taste) and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut milk and 200ml of water. Cover and simmer until slightly reduced, 8-10 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 per portion. 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, 4-5 minutes (basting occasionally). In the final minute, stir through the pepper strips and the shredded 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 chopped chives. Enjoy, Chef!



## Chef's Tip

Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 382kj  |
| Energy             | 91kcal |
| Protein            | 3.5g   |
| Carbs              | 7g     |
| of which sugars    | 2.1g   |
| Fibre              | 1.4g   |
| Fat                | 5.5g   |
| of which saturated | 3.1g   |
| Sodium             | 180mg  |

## Allergens

Allium, Sesame, Sulphites

Eat  
Within  
1 Day