



# UCCOOK

## Green Curry Chicken Meatballs

with rice noodles & fresh coriander

A bowl of rice noodles is drenched in a fragrant & creamy green curry sauce featuring tender chicken meatballs. Served with a cucumber & lime salad, and garnished with fresh coriander & spring onion.

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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:** Isabella Melck

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 **\*NEW Simple & Save**

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 Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

150g	Rice Vermicelli Noodles
450g	Free-range Chicken Mince
2	Spring Onions <i>trimmed &amp; finely sliced, keeping the white &amp; green parts separate</i>
30ml	Green Curry Paste
150g	Cucumber <i>cut into thin matchsticks</i>
30ml	Lime Juice
12g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
30g	Fresh Ginger <i>peeled &amp; grated</i>
300ml	Coconut Milk

## From Your Kitchen

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

**1. GLASSY NOODLES** Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain and rinse in cold water.

**2. MINCE MATE** In a bowl, combine the mince,  $\frac{1}{2}$  the spring onion whites (to taste),  $\frac{1}{4}$  of the curry paste (to taste), and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

**3. FRY THE MEATBALLS** Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and almost cooked through, 2-3 minutes (shifting occasionally). Remove from the pan.

**4. CUCUMBER SALAD** Place the cucumber matchsticks into a bowl with the lime juice,  $\frac{1}{2}$  the chopped coriander, a drizzle of olive oil and seasoning. Set aside.

**5. GREEN CURRY SAUCE** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the remaining curry paste, the grated ginger (to taste), and remaining spring onion whites until fragrant, 2-3 minutes (shifting constantly). Pour in the coconut milk and 150ml of water. Simmer until reduced, 6-8 minutes. Add the browned meatballs to the sauce to cook through, 1-2 minutes. Add a sweetener and seasoning.

**6. GET BOWLED OVER!** Bowl up the cooked noodles. Ladle in the green curry sauce and meatballs and garnish with the remaining chopped coriander and the spring onion greens. Finish with the lime-cucumber matchsticks. Wow, Chef!

## Nutritional Information

Per 100g

Energy	589kJ
Energy	141kcal
Protein	7.8g
Carbs	12g
of which sugars	0.8g
Fibre	0.6g
Fat	7.2g
of which saturated	4.4g
Sodium	158mg

## Allergens

Allium, Sulphites

Cook  
within 1  
Day