



UCOOK

Thai Chicken Meatballs

with coconut milk, broccoli florets & fresh lemon

The ideal blend of Thai flavours and healthy ingredients. A sauce made creamy with coconut milk, spicy with red curry paste, and nutritious with spinach, and broccoli florets. Crowned with juicy, spice-infused chicken meatballs.


Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 3 People

Chef: Tess Witney

 Carb Conscious

 Leopard's Leap | Culinaria Chenin Blanc

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Ingredients & Prep

450g	Broccoli Florets <i>cut into bite-sized pieces</i>
2	Onions <i>1½ peeled & finely diced</i>
60ml	Thai Red Curry Paste
600ml	Lite Coconut Milk
450g	Free-range Chicken Mince
22,5ml	NOMU Oriental Rub
30g	Cashew Nuts
225g	Spinach <i>rinsed & roughly shredded</i>
2	Lemons <i>1½ zested & cut into wedges</i>
60g	Pickled Bell Peppers <i>drained & finely diced</i>
12g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. BUBBLE THE RICE Preheat the oven to 200°C. Rinse the rice and place in a large pot with 700ml of salted water, cover, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork. Replace the lid and set aside to keep warm.

2. START THE SAUCE Place a large pot for the curry over a medium heat with a drizzle of oil. When hot, sauté ¾ of the diced onion for 5-6 minutes until soft and translucent. Mix in ⅔ of the curry paste (or to taste) and fry for another minute until fragrant, shifting constantly. Pour in the coconut milk and stir to incorporate. Bring to a simmer, cover, and cook for 12-15 minutes, stirring occasionally, until slightly reduced.

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

4. TOASTIN' & ROASTIN' Place the cashews in a small pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. Pop the tray of meatballs in the hot oven and bake for 7-8 minutes until browned but not cooked through, shifting halfway. Remove from the oven on completion.

5. FINAL TOUCHES Once the curry has thickened, mix in some more curry paste if you'd like it spicier. Stir through the shredded spinach and pop in the meatballs. Simmer for 4-5 minutes until the meatballs are cooked through, basting occasionally. Season to taste with lemon juice, zest, salt, and pepper. Remove from the heat on completion.

6. BOWL UP! Serve up some roasted broccoli and spoon over the Thai curry and meatballs. Scatter over the diced pickled peppers, chopped cashews, and the chopped coriander. Garnish with a lemon wedge and get to it!



Chef's Tip

To check if your meatballs are seasoned enough, pop a pan over a high heat with a small drizzle of oil. When hot, fry a bite-size piece of the meatball mixture for 1-2 minutes until cooked through. Taste to test and add more seasoning to the raw mixture if needed.

Nutritional Information

Per 100g

Energy	402kj
Energy	96kcal
Protein	5g
Carbs	5g
of which sugars	1.9g
Fibre	1.5g
Fat	6.1g
of which saturated	4g
Sodium	179mg

Allergens

Allium, Sesame, Sulphur
Shellfish/Seafood

Cook
within 1
Day