



UCOOK

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.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

Carb Conscious

Creation Wines | Creation Pinot Noir

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	Onion <i>peel & finely dice</i>
20ml	Red Curry Paste
200ml	Coconut Milk
150g	Pork Mince
10ml	NOMU One For All Rub
5ml	Black Sesame Seeds
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
75g	Spinach <i>rinse & roughly shred</i>
15ml	Lemon Juice
3g	Fresh Chives <i>rinse & 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, 30-35 minutes (shifting halfway).

2. START THE SAUCE Place a pot for the curry over medium heat with a drizzle of oil. When hot, fry ¾ of the diced onion until golden, 4-5 minutes (shifting occasionally). Mix in ⅓ of the curry paste (to taste) and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut milk and 50ml 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.

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 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