



UCCOOK

Thai Curry & 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: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

Carb Conscious

Painted Wolf Wines | The Den Chenin Blanc 2023

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Ingredients & Prep

750g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
2	Onions <i>peel & finely dice 1½</i>
60ml	Red Curry Paste
600ml	Coconut Milk
450g	Pork Mince
30ml	NOMU One For All Rub
15ml	Black Sesame Seeds
2	Bell Peppers <i>rinse, deseed & cut 1½ into strips</i>
225g	Spinach <i>rinse & roughly shred</i>
45ml	Lemon Juice
8g	Fresh Coriander <i>rinse, pick & roughly chop</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 ¾ of the diced onion until golden, 6-7 minutes (shifting occasionally). Mix in ⅔ of the curry paste (to taste) and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut milk and 150ml 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.

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. GET ROASTIN' Pop the tray of meatballs in the oven and bake until browned but not cooked through, 7-8 minutes (shifting halfway). Remove from the oven and set aside.

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 coriander. Enjoy, Chef!



Chef's Tip

Air fryer method: 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