



UCOOK

Thai Curry & Pork Meatballs

with coconut milk & lemon zest

An extravaganza of Thai flavours! The curry sauce is made with coconut milk, spicy red curry paste, pumpkin pieces and wilted spinach. Inside are the juiciest and most tender Thai 7-spice-infused pork meatballs. What are you waiting for?


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Tess Witney

 Carb Conscious

 Creation Wines | Creation Pinot Noir

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Ingredients & Prep

1	Onion <i>½ peeled & finely diced</i>
20ml	Thai Red Curry Paste
200g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
200ml	Coconut Milk
150g	Pork Mince
7,5ml	Thai Spice
75g	Spinach <i>rinsed & roughly shredded</i>
4g	Fresh Coriander <i>picked, rinsed & roughly chopped</i>
1	Lemon <i>¼ zested & cut into wedges</i>
50g	Pickled Bell Peppers <i>drained & finely diced</i>
5ml	Black Sesame Seeds

From Your Kitchen

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

1. START THE SAUCE Place a pot for the curry over a medium heat with a drizzle of oil. When hot, sauté $\frac{3}{4}$ of the diced onion for 2-3 minutes until soft and translucent. Mix in $\frac{3}{4}$ of the curry paste (or to taste) and fry for another minute until fragrant, shifting constantly. Add the pumpkin pieces and fry for 2-3 minutes, shifting occasionally. Pour in the coconut milk and stir to incorporate. Bring to a simmer, cover, and cook for 12-15 minutes, stirring occasionally, until the pumpkin is tender and reduced to your preference.

2. GET HANDS-ON In a bowl, combine the mince with the Thai spice 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.

3. ROASTIN ON THE RIVER! Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the meatballs for 3-4 minutes until browned but not cooked through, shifting occasionally. Remove from the pan on completion and drain on paper towel.

4. FINAL TOUCHES Once the curry has thickened and the pumpkin has softened, mix in some more curry paste if you'd like it spicier. Pop in the meatballs and simmer for 3-4 minutes until cooked through, basting occasionally. In the final 1-2 minutes, stir through the shredded spinach, $\frac{1}{2}$ of the chopped coriander and cook until wilted. Season to taste with lemon juice, the lemon zest, salt, and pepper. Remove from the heat on completion.

5. HURRY, IT'S THAI CURRY! Serve up some Thai curry and meatballs. Scatter over the diced pickled peppers, sesame seeds, and remaining coriander. Garnish with a lemon wedge and dive in!

Nutritional Information

Per 100g

Energy	484kJ
Energy	116kcal
Protein	4.3g
Carbs	7g
of which sugars	3.6g
Fibre	1.4g
Fat	7.7g
of which saturated	4.6g
Sodium	8mg

Allergens

Allium, Sulphites, Tree Nuts, Shellfish

Cook
within 1
Day