



UCOOK

Coconut Chicken Meatball Curry

**with a poppadom, cashew nuts & green
bell pepper**


The ideal blend of flavours and tasty ingredients. A sauce is made creamy with coconut milk, spicy with red curry paste, and delicious with kale & green bell pepper. Crowned with juicy chicken meatballs and served with a poppadom to scoop up all that yummy goodness!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Sijnn Wines | Sijnn White Blend

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Ingredients & Prep

| | |
|-------|---|
| 1 | Onion <i>½ peeled & finely diced</i> |
| 1 | Green Bell Pepper <i>½ rinsed, deseeded & cut into bite-sized pieces</i> |
| 10g | Fresh Ginger <i>peeled & grated</i> |
| 20ml | Red Curry Paste |
| 40ml | Curry Sauce <i>(30ml Peanut Butter & 10ml Low Sodium Soy Sauce)</i> |
| 100ml | Coconut Milk |
| 150g | Free-range Chicken Mince |
| 1 | Poppadom |
| 100g | Kale <i>rinsed & roughly shredded</i> |
| 50g | Corn |
| 15ml | Lime Juice |
| 10g | Cashew Nuts <i>roughly chopped</i> |

From Your Kitchen

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

1. START THE SAUCE Place a pot over medium-high heat with a drizzle of oil. When hot, add ½ the diced onion and all the pepper pieces and fry for 3-4 minutes until soft, shifting occasionally. Add the grated ginger and the curry paste (to taste) and fry for 1 minute until fragrant, shifting constantly. Add the curry sauce, the coconut milk, and 100ml of water. Bring to a simmer, cover, and cook for 10-12 minutes until slightly reduced, stirring occasionally.

2. GET HANDS-ON In a bowl, combine the mince, the remaining onion, and seasoning. Wet your hands slightly to stop the mixture from sticking, and roll into 4-5 meatballs.

3. FRY 'EM, CHEF Place a pan over medium 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 and set aside.

4. CRISPY & GOLDEN Return the pan to medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom for 30 seconds per side. As soon as the poppadom starts curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

5. BRING IT ALL TOGETHER Once the curry has reduced, pop in the browned meatballs and simmer for 3-4 minutes until cooked through, basting occasionally. In the final 2-3 minutes, add the shredded kale and the corn. Season with the lime juice (to taste), salt, and pepper.

6. BOWL UP! Dish up the meatball curry. Sprinkle over the chopped cashews. Side with a poppadom. Get dunking, Chef!



Chef's Tip

If you would like to toast the cashew nuts, place them in a pan over medium heat. Toast for 3-5 minutes until browned.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 474kJ |
| Energy | 113kcal |
| Protein | 6.2g |
| Carbs | 7g |
| of which sugars | 2g |
| Fibre | 1.9g |
| Fat | 6.7g |
| of which saturated | 2.8g |
| Sodium | 231mg |

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Tree Nuts, Soy

Cook
within 1
Day