



Thai Red Style Beef Meatball Curry

with Zesty Jasmine Rice

N° 10

CLASSIC 25 Minutes • Medium Spice • 1 of your 5 a day



Jasmine Rice



Courgette



Red Chilli



Lime



Garlic Clove



Beef Mince



Pork Mince



Plain Flour



Red Thai Curry Paste



Coconut Milk



Soy Sauce



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.


Happy cooking!

Before you start

Basic cooking tools, you will need:

Saucepan, Fine Grater, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Courgette**	1	2	2
Red Chilli**	½	¾	1
Lime**	½	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Beef Mince**	240g	360g	480g
 Pork Mince**	240g	360g	480g
Plain Flour 13	8g	8g	16g
Red Thai Curry Paste	1 small sachet	1 large sachet	2 small sachets
Coconut Milk	200ml	300ml	400ml
Water for the Curry*	50ml	75ml	100ml
Soy Sauce 11 13	½ sachet	¾ sachet	1 sachet

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	466g	100g
Energy (kJ/kcal)	3312 /792	710 /170
Fat (g)	40	9
Sat. Fat (g)	24	5
Carbohydrate (g)	74	16
Sugars (g)	7	2
Protein (g)	34	7
Salt (g)	2.18	0.47

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	466g	100g
Energy (kJ/kcal)	3609 /863	774 /185
Fat (g)	48	10
Sat. Fat (g)	26	6
Carbohydrate (g)	74	16
Sugars (g)	7	2
Protein (g)	34	7
Salt (g)	2.25	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11 Soya **13** Gluten


Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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1. Cook the Rice!

Pour the **water** for the **rice** (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



4. Make the Sauce

Return the frying pan to medium-high heat. Add a drizzle of **oil** if the pan is dry. Once hot, add the **courgette** and stir fry until slightly softened, 3-4 mins. Add the **garlic**, **red Thai paste** and half the **chilli**. Cook, stirring, for 1 minute. Add the **coconut milk** and **water** (see ingredients for amount) then season with **salt** and **pepper**. Return the **meatballs** to the pan, cover with a lid (or some foil), bring to a simmer, reduce the heat to medium and cook until the **meatballs** are cooked and the sauce has reduced slightly, 6-8 mins, stirring occasionally. **IMPORTANT: The meatballs are cooked when no longer pink in the middle.**



CUSTOM RECIPE

If you've chosen **pork mince** instead of **beef mince**, prepare and cook the it the same way the recipe tells you to prepare the **beef mince**.



2. Get Prepped!

Meanwhile, trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Halve the **chilli** lengthways, deseed then finely chop. Zest and halve the **lime**. Peel and grate the **garlic** (or use a **garlic** press).



5. Finish Up!

When the **rice** is cooked, fluff it up with a fork and carefully stir the **lime zest** through it. When the curry is ready, squeeze in some **lime juice** and stir through the **soy sauce** (see ingredients for amount). Cut any remaining **lime** into **wedges**.



3. Meatball Time!

Pop the **beef mince** into a bowl with the **flour**, season with **salt** and **pepper** and mix together. Shape into 4 balls per person. **IMPORTANT: Wash your hands and equipment after handling raw meat.** Heat a drizzle of **oil** in a large frying pan on medium high heat and once hot, add the **meatballs** and cook until golden brown all over, 5-6 mins. Transfer to a plate and set aside.



6. Serve!

Divide the **rice** between bowls and serve the curry on top. Top with any remaining **chilli** and serve with any **lime wedges** alongside for squeezing over. **Enjoy!**