

Spicy Thai Chicken Meatballs in Creamy Red Curry Sauce

with Cauliflower Rice

hellóchef

Cals 730 • Prot 58 • Carbs 38 • Fat 41

This twist on a traditional Thai curry uses chicken mince to make delicious meatballs!

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🕒 cook: 40 min

R3244



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Meatballs	2 ppl	3 ppl	4 ppl	
Chicken mince	400	600	800	Grams
Garlic cloves	1	2	2	Piece
Spring onion	40	60	80	Grams
Chilli flakes	2	2	2	Grams
Soy sauce 9* , 10* , 11*	10	20	20	ML
Curry sauce				
Snow peas	100	150	200	Grams
Red pepper	1	1	2	Piece
Shallots	1	1	2	Piece
Lemongrass	1	1	1	Piece
Fresh coriander	15	15	15	Grams
Vegetable oil	1	2	2	Tbsp
Ginger garlic paste	10	15	20	Grams
Red curry paste 7*	20	30	40	Grams
Tamarind paste	15	22	30	Grams
Fish sauce 6* , 10*	10	10	20	ML
Coconut milk	200	400	400	ML
Water	100	50	200	ML
Coconut sugar	5	10	10	Grams
Lime leaves	3	6	6	Piece
Cauliflower Rice				
Vegetable oil	1	1	2	Tbsp
Cauliflower	400	600	800	Grams
Salt	0.5	0.5	1	Tsp

Allergens

*9 Soya, *10 Wheat, *11 Gluten, *7 Crustaceans, *6 Fish

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts**, **Tree Nuts**, **Sesame Seeds**, **Milk**, **Eggs**, **Fish**, **Crustaceans**, **Molluscs**, **Soya**, **Wheat**, **Gluten**, **Lupin**, **Mustard**, **Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3053 / 730
Fat (g)	40.7
of which saturates (g)	16.9
Carbohydrate (g)	38
of which sugars (g)	14.7
Fiber (g)	13
Protein (g)	57.5
Salt (g)	5.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make meatballs

Peel and mince the **garlic**. Trim and finely chop the **spring onion**. Add the **mince**, **garlic**, half of the **spring onion** (reserve the rest!), a pinch of **chilli flakes (spicy!)** and **soy sauce** to a large mixing bowl. With clean hands, knead until all the ingredients are fully combined. Shape the mixture into {12/18/24} **meatballs**. Refrigerate.

Tip! Use wet hands when shaping the meatballs to stop them sticking.



2 Prep

Trim the **snow peas** and slice them diagonally. Deseed and slice the **pepper**. Peel and finely chop the **shallots**. Finely slice {5/7.5/10}cm of the **lemongrass**. Keep the rest whole. Finely chop the **coriander leaves**.



3 Fry meatballs

Heat a non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **meatballs** and fry for 5-7 min or until starting to brown all over. Set aside on a plate and reserve the pan.



4 Start curry

Bring the pan to a medium heat with a second drizzle of **oil**. Once hot, add the **shallots** and cook for 3 min. Add the **ginger garlic paste**, sliced **lemongrass** and **red curry paste (spicy!)**. Cook for 2 min. Add the **pepper** and cook for 2 min further.



5 Cauliflower rice

Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a saucepan over a medium heat with a drizzle of **oil**. Once hot, add the **cauliflower** and remaining **spring onion** with a pinch of **salt** and stir-fry for 5 min.



6 Finish

Add the **tamarind paste**, **fish sauce**, **coconut milk**, **measured water**, **coconut sugar**, **lime leaves** and the big piece of **lemongrass**. Simmer (don't boil) over a low heat for 5 min. Add the **meatballs** and **snow peas**, cover and simmer for a further 5 min or until cooked through. Garnish with **coriander** and serve with **cauliflower rice** to the side.