

Coconut Chicken Meatball Curry

with Mango and Rice

Enjoy these delicious meatballs simmered in a tasty red curry coconut sauce!

Cals 1264 • Prot 66 • Carbs 141 • Fat 56

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🕒 cook: 45 min

R3388

Before you start

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

Ingredients

Chicken balls	2 ppl	3 ppl	4 ppl	
Chicken mince	400	500	600	Grams
Shallots	1	1	2	Piece
Honey	15	15	15	Grams
Organic Eggs 5*	1	1	2	Piece
Miso paste 9*	30	40	60	Grams
Plain flour 10*, 11*	50	50	100	Grams
Black pepper	0.5	0.5	1	Tsp
Sesame oil 3*, 9*	15	15	30	ML
Sauce				
Red curry paste 7*	20	30	40	Grams
Coconut milk	200	400	400	ML
Ginger garlic paste	20	30	40	Grams
Rice				
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Salad				
Mango	1	1	2	Piece
Cucumber	1	2	2	Piece
Fresh coriander	15	15	15	Grams
Lime	1	1	2	Piece
Coconut flakes	10	15	20	Grams
Black sesame seeds 3*	10	15	20	Grams
Fresh basil	15	15	15	Grams

Allergens

***5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *7 Crustaceans**

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/koal)	5286 / 1264
Fat (g)	55.6
of which saturates (g)	20.4
Carbohydrate (g)	141
of which sugars (g)	33.7
Fiber (g)	11.9
Protein (g)	65.6
Salt (g)	3.2

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



1 Meatball mixture

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **shallots**. In a bowl, combine the **honey, eggs and miso**. Mix well until there are no lumps. Add the **chicken mince, shallots and flour**. Season with **salt and pepper**. With clean hands, knead until combined.



2 Bake meatballs

Wash your hands and coat them in the **sesame oil**. Shape the mixture into {10/15/20} **meatballs**. Place the **meatballs** on a lined baking tray and bake for 15 min until golden and cooked through.



3 Cook rice

Meanwhile, rinse the **basmati rice**. Add the **rice**, a pinch of salt and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



4 Make salad

Meanwhile, peel and cube the **mango**. Chop the **cucumbers**. Finely chop the **coriander**. To a bowl, add a drizzle of **oil** and a generous squeeze of **lime**. Add the **mango, coriander and cucumbers**. Toss and set aside.



5 Make sauce

Once done, remove the **chicken meatballs** from the oven. Heat a large pan over a medium heat with a drizzle of **oil**. Add the **curry paste** and cook for 1 min. Add the **coconut milk** and **ginger garlic paste**. Stir. Add the **meatballs** to the **sauce** and simmer for 5 min or until the **sauce** thickens.

Tip! The sauce is done when it sticks to the meatballs.



6 Serve

Serve the **chicken meatballs** and **sauce** over the **rice** with the **mango salsa** to the side. Garnish with the **coconut flakes, sesame seeds and basil**.