



# Pork Meatball Massaman Curry with Zesty Jasmine Rice and Crushed Peanuts

Little Chefs 30-35 Minutes • 1 of your 5 a day

10



Jasmine Rice



Carrot



Garlic Clove



Lime



Salted Peanuts



Panko Breadcrumbs



Pork Mince



Massaman Style Curry Paste



Coconut Milk



Chicken Stock Paste



Soy Sauce

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, lid, garlic press, fine grater, rolling pin, bowl, baking tray and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Carrot**	1	2	2
Garlic Clove**	2	3	4
Lime**	½	1	1
Salted Peanuts <b>1)</b>	25g	40g	50g
Panko Breadcrumbs <b>13)</b>	10g	20g	25g
Pork Mince**	240g	360g	480g
Massaman Style Curry Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	75ml	100ml	125ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	432g	100g
Energy (kJ/kcal)	3931 /940	910 /217
Fat (g)	53.9	12.5
Sat. Fat (g)	27.3	6.3
Carbohydrate (g)	77.7	18.0
Sugars (g)	7.1	1.6
Protein (g)	37.2	8.6
Salt (g)	5.21	1.21

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**1)** Peanut **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get on the Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



## Time to Bake

Pop the **meatballs** onto a large baking tray.

Bake on the top shelf of your oven until browned on the outside and cooked through, 12-15 mins.

**IMPORTANT:** *The meatballs are cooked when no longer pink in the middle.*



## Finish the Prep

Meanwhile, trim the **carrot**, then halve lengthways (no need to peel). Slice widthways into half moons about 1cm thick.

Peel and grate the **garlic** (or use a garlic press).

Zest and halve the **lime**.

Crush the **peanuts** in the unopened sachet using a rolling pin.

**Little Chefs:** *Pop the peanuts into a bigger bag for more room to crush them! You can use the bottom of a saucepan too.*



## Curry Up

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **carrot** and stir-fry for 4-5 mins.

Stir in the **garlic** and **massaman style curry paste** and cook for 1 min more.

Pour in the **coconut milk**, **chicken stock paste** and **water for the sauce** (see pantry for amount).

Stir and bring to the boil, then lower the heat to medium-low and simmer until thickened, 6-8 mins.

Once the **meatballs** are cooked, add them to the **sauce** and simmer until piping hot, 1-2 mins.



## Make your Meatballs

In a large bowl, combine the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince** and **half the garlic**.

Season with **pepper** and mix together with your hands. Roll into even-sized balls, 5 per person.

**IMPORTANT:** *Wash your hands and equipment after handling raw mince.*

**Little Chefs:** *Use your hands to mix everything together and then get rolling the meatballs - make 5 per person.*



## Finish and Serve

Once your **curry** is ready, remove from the heat. Squeeze in some **lime juice** and stir in the **soy sauce**.

Fluff up the **rice** with a fork, stir through the **lime zest**, then share between your bowls. Spoon over the **curry sauce** and **meatballs**.

Finish with a sprinkle of **peanuts** for those who'd like them. Serve with any remaining **lime wedges** alongside.

## Enjoy!