



**More Than Food**  
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## Pork Meatballs, Thai Style Coconut Curry and Fragrant Basmati Rice

Since our chef André's arrival at the Fresh Farm he has been teaching everyone all sorts of tricks in the kitchen. Our favourite one is cooking rice with a star anise, a little trick that just gives the rice an aromatic taste and the whole dish that 'je ne sais quoi'. Enjoy!



50 mins



family box



lactose  
free



spicy



Pork Mince (600g)



Spring Onion (3)



Garlic Clove (2)



Coriander  
(3 tbsp)



Ground Coriander  
(1 tbsp)



Soy Sauce  
(1½ tbsp)



Basmati Rice  
(2 cups)



Star Anise  
(2)



Red Onion  
(2)



Yellow Pepper  
(1)



Red Curry Paste  
(1 tsp)



Organic Coconut  
Milk (400ml)



Baby Spinach  
(4 handfuls)



Lime  
(1)

## Ingredients

## 4 PEOPLE

## ALLERGENS

Pork Mince	600g	
Spring Onion, sliced	3	
Garlic Clove, grated	2	
Coriander, chopped	3 tbsp	
Ground Coriander	1 tbsp	
Soy Sauce	1½ tbsp	Gluten, Soya
Basmati Rice	2 cups	
Star Anise	2	
Red Onion, sliced	2	
Yellow Pepper, sliced	1	
Red Curry Paste	1 tsp	
Coconut Milk	400ml	
Baby Spinach	4 handfuls	
Lime	1	

🥬 Our fruit and veggies may need a little wash before cooking!

## Did you know...

The word 'basmati' means fragrant in Hindi.

**Nutrition per serving:** Calories: 723 kcal | Protein: 40 g | Carbs: 60 g | Fat: 36 g | Saturated Fat: 22 g

2



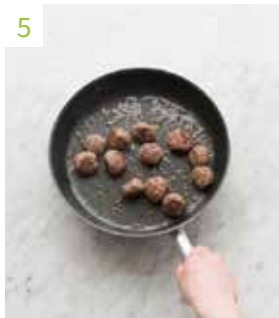
**1** Put the **pork mince** in a mixing bowl. Cut the roots off the **spring onions**, chop them in half separating the green from the white parts. Finely slice the green parts and then cut the white parts in half lengthways and slice them as small as you can.

4



**2** Peel and grate the **garlic** and separate the **coriander** leaves from their stalks. Chop the **coriander** stalks as small as you can and roughly chop the leaves. Add the chopped **coriander** stalks, the white parts of the **spring onion**, the **garlic**, the **ground coriander** and 1 tbsp of **soy sauce** into the **pork mince** and mix well. Shape the mix into twelve even-sized meatballs and keep to one side. **Tip:** *Make sure the meatballs are well shaped to stop them falling apart as you cook them.*

5



**3** Put the **rice** in a pot with the **star anise** and ½ tsp of **salt**. Pour in 700ml of **water** and bring to the boil over high heat. Once boiling, pop on a lid, reduce the heat to low and cook for 10 mins. After 10 mins, remove from the heat and leave the **rice** to finish cooking in its own steam for a further 10 mins.

7



**4** Cut the **red onions** in half through the root, peel and then slice into thin half moon shapes. Remove the core from the **yellow pepper** and finely slice.

**5** Heat a large frying pan over medium heat and add 1 tbsp of **oil**. Fry your meatballs for 2-3 mins on each side until golden brown. Transfer your meatballs to a plate, you will finish cooking them in the curry later.

**6** Cook the **red onion** and **peppers** in the same pan for 5 mins or until soft, add 1 tsp of the **curry paste** and cook for another minute.

**7** Pour in the **coconut milk** and bring to the boil. Once boiling, reduce the heat to low and add the meatballs to the curry. Add 100ml of **water** to the curry and cook for 10 mins or until your meatballs are no longer pink in the middle. Stir in the **baby spinach** and cook for a minute longer.

**Tip:** *Taste the curry and if you want more heat, add another tsp of the curry paste and cook for another minute.*

**8** Finish your curry with the rest of the **soy sauce**, the juice of half the **lime**, then stir in half of the remaining **spring onions** and **coriander** leaves. Serve the curry with your aromatic **rice** and a final sprinkle of **coriander** and **spring onions**.