



Red Thai Inspired Pork Meatball Curry with Zesty Jasmine Rice

Classic 30-35 Minutes • Medium Spice

8



Carrot



Garlic Clove



Lime



Jasmine Rice



Panko Breadcrumbs



Thai Style Spice Blend



Pork Mince



Red Thai Style Paste



Coconut Milk



Chicken Stock Paste

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

Garlic press, fine grater, saucepan, lid, bowl, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Carrot**	1	1	2
Garlic Clove**	1	2	2
Lime**	½	1	1
Jasmine Rice	150g	225g	300g
Panko Breadcrumbs 13	10g	15g	20g
Thai Style Spice Blend 3	1 sachet	1 sachet	2 sachets
Pork Mince**	240g	360g	480g
Red Thai Style Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g

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 Curry*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3782 /904	926 /221
Fat (g)	52.8	12.9
Sat. Fat (g)	29.5	7.2
Carbohydrate (g)	75.9	18.6
Sugars (g)	7.1	1.7
Protein (g)	33.2	8.1
Salt (g)	3.22	0.79

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

Allergens

3) Sesame 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 Prepped

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

Trim the **carrot**, then slice into 1cm thick rounds (no need to peel).

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



Time to Bake

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

When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



Cook the Rice

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).



Curry Up

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **carrot** and season with **salt** and **pepper**. Fry, stirring frequently, until softened, 5-6 mins.

Stir in the **red Thai style paste** and cook for 1 min, then pour in the **coconut milk**, **chicken stock paste** and **water for the curry** (see pantry for amount).

Stir together well, then bring to the boil and simmer until thickened, 6-7 mins. Add a splash of **water** if it gets too thick.



Make your Meatballs

While the **rice** cooks, in a large bowl, combine the **garlic**, **breadcrumbs**, **Thai style spice blend** (add less if you'd prefer things milder), **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **pork mince**.

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.



Finish and Serve

Once the **curry** has thickened, remove from the heat and stir through the **cooked meatballs**. Squeeze in **half the lime juice**, then taste and add more **lime juice**, **salt** and **pepper** if needed.

Fluff up the **rice** with a fork, stir through the **lime zest**, then spoon into your bowls.

Top with your **red Thai inspired meatball curry**.

Enjoy!