



Thai Style Red Pork Meatball Curry

with Charred Beans and Jasmine Rice

Classic 50 Minutes • Little Spice • 1 of your 5 a day

N° 10



Echalion Shallot



Carrot



Green Beans



Spring Onion



Lime



Jasmine Rice



Panko Breadcrumbs



Thai Style Spice Blend



Pork Mince



Red Thai Curry Paste



Coconut Milk



Chicken Stock Paste

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Frying Pan, Wooden Spoon, Bowl, Measuring Jug, Saucepan, Plate.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Carrot**	1	1	2
Green Beans**	150g	200g	300g
Spring Onion**	1	2	2
Lime**	½	1	1
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Panko Breadcrumbs 13)	10g	15g	25g
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Pork Mince**	240g	360g	480g
Red Thai Curry Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Water for the Sauce*	150ml	225ml	300ml
Chicken Stock Paste	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	510g	100g
Energy (kJ/kcal)	3371 /806	661 /158
Fat (g)	40	8
Sat. Fat (g)	23	5
Carbohydrate (g)	77	15
Sugars (g)	7	1
Protein (g)	33	7
Salt (g)	2.93	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Get Prepped

Halve peel and thinly slice the **shallot**. Remove the ends from the **carrot** (no need to peel), thinly slice into rounds. Trim the **green beans** and chop into 3 pieces. Trim and thinly slice the **spring onion**. Zest and halve the **lime**. Heat a drizzle of **oil** in a frying pan on high heat. Once hot, add the **green beans** and stir-fry until charred and tender, 4-6 mins. Transfer to a bowl once charred.



Fry the Meatballs

Once the **green beans** are removed, pop your frying pan back on medium-high heat with a drizzle of **oil**. Once hot, add the **meatballs** and fry until browned on the outside, 5-6 mins. Turn every 2 mins. Transfer to a plate (we'll finish cooking them later). Pop your pan back on medium-high heat with a drizzle of **oil** if the pan is dry. Add the **carrot** and **shallot** to the pan and season with **salt** and **pepper**. Fry, stirring frequently until the **veg** is soft, 5-6 mins.



Cook the Rice

Pour the **cold water** for the **rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



Simmer

Add the **red Thai curry paste** to the **carrot** and **shallot**, stir very well, cook for 1 min, then add in the **meatballs** and pour in the **coconut milk** and **water** for the sauce (see ingredient list for amount). Add the **chicken stock paste** and season with **salt** and **pepper**. Bring to the boil, simmer until the **sauce** has thickened and the **meatballs** are cooked, 6-7 mins. **IMPORTANT: The meatballs are cooked when no longer pink in the middle.**



Make the Meatballs

While the **rice** cooks, pop the **panko breadcrumbs** into a bowl. Add the **water** for the breadcrumbs (see ingredients for amount), the **lime zest** and the **Thai spice** (add less if you don't like heat). Mix together and add the **pork mince**. Season with **salt** and **pepper**. Using your hands, mix everything together until very well combined. Form the mixture into evenly sized **balls**, 5 per person. **IMPORTANT: Wash your hands and equipment after handling raw meat.**



Finish and Serve

Once the **curry** is cooked, stir in the **charred beans** and cook for 1 min. **TIP: Add a splash of water if you feel it needs it.** Remove the pan from the heat, squeeze in **half the lime juice**, then taste and add more **lime juice**, **salt** and **pepper** if you feel it needs it. Fluff up the **rice** and spoon into bowls. Top with the **curry** and sprinkle over the **spring onion**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.