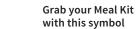


Thai Coconut Pork Meatball & Veggie Soup

with Crushed Peanuts

NEW













Green Beans



Zucchini





Coconut Milk

Crushed Peanuts

Red Curry Paste

Chicken Stock



Prep in: 15-25 mins Ready in: 25-35 mins Brimming with vibrant veggies and hearty pork meatballs, this coconutty, red-curry soup is comfort in a bowl - and the best part about this one is that it is only 4 steps!

Pantry items Olive Oil, Egg, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
pork mince	1 small packet	1 medium packet	
fine breadcrumbs	1 medium packet	1 large packet	
egg*	1	2	
Thai stir-fry spice	1 medium sachet	1 large sachet	
green beans	1 small bag	1 medium bag	
zucchini	1	2	
tomato	1	2	
mild Thai red curry paste	1 packet	2 packets	
coconut milk	1 medium packet	2 medium packets	
chicken stock pot	1 packet (20g)	2 packets (40g)	
water*	1 cup	2 cups	
brown sugar*	½ tsp	1 tsp	
crushed peanuts	1 medium packet	1 large packet	
beef mince**	1 small packet	1 large packet	

Nutrition

*Pantry Items **Custom Recipe Ingredient

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2765kJ (660Cal)	497kJ (118Cal)
Protein (g)	39.3g	7.1g
Fat, total (g)	39.8g	7.2g
- saturated (g)	21.4g	3.8g
Carbohydrate (g)	34.8g	6.3g
- sugars (g)	19.1g	3.4g
Sodium (mg)	2804mg	504mg
Dietary Fibre	6.5g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2791kJ (667Cal)	502kJ (119Cal)
Protein (g)	42.8g	7.7g
Fat, total (g)	38.8g	7g
- saturated (g)	21.8g	3.9g
Carbohydrate (g)	34.8g	6.3g
- sugars (g)	19.1g	3.4g
Sodium (mg)	2806mg	504mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Cook the meatballs

- In a medium bowl, combine pork mince, fine breadcrumbs, the egg,
 Thai stir-fry spice and a pinch of salt.
- Using damp hands, shape heaped spoonfuls of **mixture** into meatballs (4-5 per person). Transfer to a plate.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Add meatballs and cook, turning, until browned and cooked through,
 8-10 minutes. Transfer to a plate.

Custom Recipe: If you've swapped to beef mince, prepare and cook the meatballs in the same way as above.



Cook soup

- SPICY! This is a mild paste, but use less if you're sensitive to heat! Reduce heat
 to medium. Add mild Thai red curry paste and tomato and cook, stirring,
 until fragrant, 1-2 minutes.
- Stir in **coconut milk**, **chicken stock pot**, the **water** and the **brown sugar** and cook until slightly thickened, **2-3 minutes**.
- Return cooked meatballs to pan and simmer until warmed through,
 1-2 minutes.



Cook veggies

- While the **meatballs** are cooking, trim **green beans** and slice into thirds.
- Thinly slice **zucchini** into half-moons.
- Slice tomato into thick wedges.
- Return the frying pan to high heat with a drizzle of olive oil if needed. Add zucchini and green beans and cook, tossing, until just charred,
 2-3 minutes.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Serve up

- Divide Thai coconut pork meatball and veggie soup between serving bowls.
- Garnish with crushed peanuts to serve. Enjoy!

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