HELLO FRESH

Thai Coconut Pork Meatball & Veggie Soup
with Crushed Peanuts

NEW

Pork Mince

Fine Breadcrumbs

Thai Stir-Fry Spice

Green Beans

Zucchini

Tomato

Mild Thai Red Curry Paste

Coconut Milk

Chicken Stock Pot

Crushed Peanuts

Beef Mince

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Brown Sugar

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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

*Pantry Items **Custom Recipe Ingredient

Nutrition

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.

1

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.

2

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.*

3

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**.

4

Serve up

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

Rate your recipe

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