

Pork Meatballs & Coconut Red Curry Sauce

with Spinach Slaw & Peanuts

Grab your Meal Kit with this symbol



Garlic



Makrut Lime Leaves



Baby Spinach Leaves



Pork Mince



Fine Breadcrumbs



Thai Red Curry Paste



Slaw Mix



Coconut Milk



Crushed Peanuts



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart

Give juicy pork meatballs a Thai twist by spiking them with red curry paste. Make it a dish that gets a stamp of approval from the carb conscious by serving over a simple slaw instead of rice. Bring it all together with a silky coconut sauce, infused with citrusy makrut lime to cut the richness.

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

Pantry items

Olive Oil, White Wine Vinegar, Soy Sauce, 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
garlic	3 cloves	6 cloves
makrut lime leaves	2 leaves	4 leaves
baby spinach leaves	1 medium bag	1 large bag
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
Thai red curry paste	½ tin	1 tin
slaw mix	1 small bag	1 large bag
white wine vinegar*	drizzle	drizzle
coconut milk	1 medium tin	2 medium tins
soy sauce*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
crushed peanuts	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1977kJ (473Cal)	513kJ (123Cal)
Protein (g)	32.3g	8.4g
Fat, total (g)	40.2g	10.4g
- saturated (g)	21.1g	5.5g
Carbohydrate (g)	22.5g	5.8g
- sugars (g)	11g	2.9g
Sodium (mg)	1144mg	297mg
Dietary Fibre (g)	7.4g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2003kJ (479Cal)	519kJ (124Cal)
Protein (g)	35.7g	9.3g
Fat, total (g)	39.3g	10.2g
- saturated (g)	21.6g	5.6g
Carbohydrate (g)	22.5g	5.8g
- sugars (g)	11g	2.9g
Sodium (mg)	1146mg	297mg

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.



Get prepped

- Finely chop **garlic**. Remove centre veins from **makrut lime leaves**, then very finely chop. Roughly chop **baby spinach leaves**.

TIP: The makrut lime leaves are fibrous so you want to cut them into very small pieces!



Make the slaw

- While meatballs are cooking, combine **slaw mix**, **baby spinach leaves** and a drizzle of the **white wine vinegar** and **olive oil** in a large bowl. Season to taste.



Make the meatballs

- SPICY!** You may find the curry paste hot! Add less if you're sensitive to heat. In a medium bowl, combine **pork mince**, **fine breadcrumbs**, a pinch of **salt**, 1/2 the **garlic** and 1/2 the **Thai red curry paste** (see ingredients).
- Using damp hands, roll heaped spoonfuls of **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.

Custom Recipe: If you've swapped to beef mince, combine beef mince in the same way as the pork mince.



Make the sauce

- Wipe out frying pan and return to medium heat with a drizzle of **olive oil**. Cook **makrut lime** and remaining **garlic** until fragrant, **1 minute**.
- SPICY!** You may find the curry paste hot! Add less if you're sensitive to heat. Add remaining **Thai red curry paste** and cook until fragrant, **1 minute**.
- Stir in **coconut milk**, the **soy sauce** and the **brown sugar**. Simmer until slightly reduced, **1-2 minutes**.



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Transfer to a plate and cover to keep warm.

Custom Recipe: Cook beef meatballs in the same way as the pork meatballs.



Serve up

- Divide slaw between bowls. Top with pork meatballs and coconut red curry sauce.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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