HELLO FRESH

Thai Coconut Pork Meatball Soup
with Green Beans & Crushed Peanuts

Pork Mince

Fine Breadcrumbs

Thai Stir-Fry Spice

Green Beans

Zucchini

Tomato

Coconut Milk

Mild Thai Red Curry Paste

Chicken Stock Pot

Crushed Peanuts

Beef Minnce

Prep in: 15-25 mins
Ready in: 25-35 mins

🍏 Carb Smart

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 low on carbs!

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

Pantry items

Olive Oil, Egg, Brown Sugar

AJ

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 medium packet

*Pantry Items **Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2272kJ (543Cal)	418kJ (100Cal)
Protein (g)	38.9g	7.2g
Fat, total (g)	39.8g	7.3g
- saturated (g)	21.4g	3.9g
Carbohydrate (g)	34.5g	6.3g
- sugars (g)	18.9g	3.5g
Sodium (mg)	2804mg	516mg
Dietary Fibre (g)	6.2g	1.1g

Custom Recipe

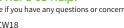| Avg Qty	Per Serving	Per 100g
Energy (kJ)	2298kJ (549Cal)	423kJ (101Cal)
Protein (g)	42.4g	7.8g
Fat, total (g)	38.8g	7.1g
- saturated (g)	21.8g	4g
Carbohydrate (g)	34.5g	6.3g
- sugars (g)	18.9g	3.5g
Sodium (mg)	2806mg	516mg
Dietary Fibre (g)	6.2g	1.1g

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

1

Make 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, take a heaped spoonful of **mixture** and shape into a small meatball. Transfer to a plate and repeat with remaining **mixture** (4-5 meatballs per person).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add the **meatballs** and cook, turning, until browned and cooked through, **8-10 minutes**. Transfer to a plate.

TIP: *Cook in batches if your pan is getting crowded.*

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

2

Cook the 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 the soup

- **SPICY!** *You may find the curry paste hot! Add 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 **brown sugar** and cook, until slightly thickened, **2-3 minutes**.
- Return **cooked meatballs** and simmer until warmed through, **1-2 minutes**.

4

Serve up

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

Rate your recipe

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