



More Than Food  
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## Pork Meatballs, Thai Style Coconut Curry and Fragrant Basmati Rice

Our chef André has been teaching everyone all sorts of tricks in the kitchen. For this recipe, he has been inspired by watching the footy and has created a football themed meal for all the family to enjoy. These delicious pork meatballs are packed full of protein, to fuel the home team! Cooking rice with star anise is one of his ideas, a little trick that gives the rice an aromatic taste, and the whole dish that 'je ne sais quoi'. Enjoy!

 50 mins

 1.5 of your 5 a day

 super spicy

 family box

 mealkit



Pork Mince  
(600g)



Spring Onion  
(3)



Garlic Clove  
(2)



Coriander  
(1 bunch)



Ground Coriander  
(1 tbsp)



Soy Sauce  
(1½ tbsp)



Basmati Rice  
(350g)



Star Anise  
(2)



Water  
(700ml)



Red Onion  
(2)



Yellow Pepper  
(1)



Red Curry Paste  
(1 tsp)



Coconut Milk  
(800ml)



Baby Spinach  
(1 bag)



Lime (1)

## 4 PEOPLE INGREDIENTS

- Pork Mince
- Spring Onion, sliced
- Garlic Clove, grated
- Coriander, chopped
- Ground Coriander
- Soy Sauce
- Basmati Rice
- Star Anise

**600g**  
**3**  
**2**  
**1 bunch**  
**1 tbsp**  
**1½ tbsp**  
**350g**  
**2**

- Water
- Red Onion, sliced
- Yellow Pepper, sliced
- Red Curry Paste
- Coconut Milk
- Baby Spinach
- Lime

**700ml**  
**2**  
**1**  
**1 tsp**  
**800ml**  
**1 bag**  
**1**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

The word 'basmati' means fragrant in Hindi.

**Allergens:** Soya, Gluten.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	547 kcal / 2286 kJ	33 g	21 g	38 g	7 g	30 g	1 g
<b>Per 100g</b>	123 kcal / 514 kJ	7 g	5 g	8	2 g	7 g	0 g

**Soy Sauce:** Water, Soybeans, Wheat, Salt.

1



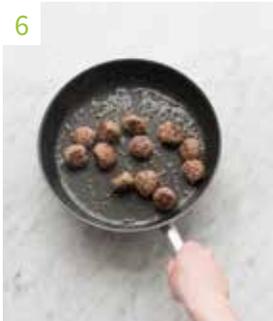
**1** Put the **pork mince** in a mixing bowl. Cut the roots off the **spring onion** and chop them in half, separating the green from the white parts. Finely slice both the **green** and white parts and keep them separate.

5



**2** Peel and grate the **garlic** (or use a garlic press if you have one) and separate the **coriander leaves** from their **stalks**. Chop the **coriander stalks** as small as you can and roughly chop the **leaves**.

6



**3** Add your **coriander stalks**, the **white** parts of the **spring onion**, the **garlic**, the **ground coriander** and half the **soy sauce** to the bowl containing the **mince**, and mix well. Shape the **mince** mix into four even-sized **meatballs** per person. **Tip:** *Make sure the meatballs are well shaped to stop them falling apart as they cook.*

8



**4** Put the **rice** in a pot with the **star anise** and a pinch of **salt**. Pour in the **water** (amount specified in the ingredient list) and bring to the boil. Once boiling, pop on a lid, reduce the heat to low and simmer for 10 mins. After 10 mins, remove from the heat and leave the **rice** to finish cooking in its own steam for a further 10 mins.

**5** Cut the **red onion** in half through the root, peel and then slice into thin half moon shapes. Remove the core from the **yellow pepper** and finely slice.

**6** Heat a large frying pan over medium heat and add a splash of **oil**. Fry your **meatballs** for 2-3 mins on each side until golden brown. Transfer your **meatballs** to a plate, you will finish cooking them in the curry later.

**7** Cook the **onion** and **pepper** in the same pan you used for your meatballs, for 5 mins or until soft. Add half of the **red curry paste** and cook for another minute. **Tip:** *Add more or less curry paste depending on how much you like spice!*

**8** Pour in the **coconut milk** and bring to the boil. Once boiling, reduce the heat to low and add your **meatballs** to your **curry**. Cook your curry for 10 mins or until your **meatballs** are no longer pink in the middle. Stir in the **baby spinach** and cook for 1 more minute. **Tip:** *Taste the curry and if you want more heat, add more of the red curry paste and cook for another minute.*

**9** Finish your **curry** with the rest of the **soy sauce** and the **juice** of half the **lime**. Serve your **curry** with your **fragrant rice** and a final sprinkle of your remaining **coriander** and the **green** parts of your **spring onions**.

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