



Thai Coconut Curry Chicken Meatballs

Preparation Time: 10 mins

Cooking Time: 20 mins

Serves: 4-6

Difficulty: Easy

INGREDIENTS

1lb ground/mince chicken or turkey
1 red bell pepper/capsicum sliced, remove seeds
¼ fresh cilantro or basil chopped
1 ½ teaspoon or 1 clove minced garlic
1 teaspoon fresh finely grated ginger
1 mango sliced
2 green onions finely diced
Zest & juice 1 lime
2 medium shallots finely diced
1 can full fat coconut milk
1 jalapeno finely diced
2-3 tablespoons Thai Red Curry paste
1 tablespoon fish sauce
2 tablespoons soy sauce
1 teaspoon Worcestershire sauce
2 tablespoons Sesame Oil
Salt and fresh ground pepper

DIRECTIONS

1. Preheat oven to 450f/232c. Line a baking sheet with baking paper/parchment.
2. In a medium size bowl, add the chicken, green onions, garlic, Worcestershire, and a pinch of salt and pepper & mix until combined.
3. Coat your hands in a little bit of sesame oil and roll the meat into tablespoon size meatballs. Makes 15-20.
4. Place them on the baking sheet and bake in the oven for 15 mins, turning over halfway through.
5. In a large frypan, over medium heat, heat sesame oil, add the shallots bell pepper, and ginger, cooking for approximately 5-8 minutes until softened and fragrant.
6. Stir in curry paste, cooking for 1 minute.
7. Add coconut milk, soy sauce, and fish sauce, stir and bring to a boil.
8. Add meatballs, stirring occasionally until sauce thickens. Approx 5 mins. Then remove from heat and stir in cilantro.
9. In a small bowl, combine the mango, jalapeno, lime juice and lime zest.

Serve with rice.