

Creamy Thai Turkey Meatball Curry with Brown Rice

Juicy turkey mince meatballs infused with garlic, ginger, and Thai red curry paste, cooked in creamy coconut milk, and served over brown basmati rice with pak choi and fresh coriander.

Nutritional Info

Calories: 494 kcal
Carbohydrates: 49 g
Protein: 31 g
Fat: 19 g

Ingredients

- Turkey Mince
- Coriander
- Garlic
- Thumb Ginger
- Pak Choi
- Red Thai Curry Paste
- Brown Basmati Rice
- Panko Breadcrumbs
- Coconut Milk
- Fish Sauce

Your Pantry

- Olive Oil

Allergens

Wheat (Breadcrumbs)
Fish (Fish Sauce)
Crustaceans (Curry Paste)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.

METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) *Prepare the vegetables*

Finely grate about 1 teaspoon per person of ginger. Peel and crush the garlic. Finely chop the fresh coriander. Split the ginger, coriander and garlic in half keeping half for the meatballs and the other half for the curry. Cut the pak choi into thirds.

2) *Cook the rice*

Cook the brown rice in a pan of boiling water for about 20 minutes or until tender then drain. While the rice cooks...

3) *Make the meatballs*

Add the turkey mince to a bowl with the allotted half of the ginger, coriander and garlic. Add the breadcrumbs and the fish sauce. Mix well with your hands and roll into small balls. Set aside.

4) *Cook the meatballs*

Place a frying pan on medium heat and add a drizzle of oil. Add the meatballs and cook in batches until browned all over (they do not need to be cooked through). Set aside on a plate and repeat until all the meatballs are browned.

5) *Make the curry*

Return the frying pan to the heat with a drizzle of oil. Add in the remaining ginger and garlic, and cook for 3-4 minutes. Add in the curry paste and cook for a further 2 minutes to release the aromatics, stirring continuously. Stir in the coconut milk. Return the meatballs to the curry and bring to a simmer. Cook for 10 minutes or until the meatballs are cooked through and the sauce is thickened. Stir in the remaining coriander and pak choi, cooking for another 2 minutes.

6) *Serve the dish*

Serve the rice and top with the meatballs and curry. Enjoy!

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