

# MARLEY SPOON



## Red Curry Meatballs

with Brown Rice Salad



20-30min



2 Portions

We've taken the flavours of one of our most-loved take-away cuisines and turned it into a speedy and satisfying dinner in just 25 minutes. Thai red curry paste adds a flavour punch to beef meatballs, while a salty, sweet and sour concoction makes for a perfect dressing to the refreshing and crunchy brown rice salad. Plus, we've used brown basmati rice which is low GI, making you feel fuller for...



## What we send

- coriander, long red chilli, mint
- baby cos lettuce
- lemon
- fish sauce <sup>4</sup>
- cherry tomatoes
- shallot
- brown basmati rice
- Lebanese cucumber
- Thai red curry paste <sup>2,4,6</sup>
- grass-fed beef mince

## What you'll require

- salt and pepper
- sugar
- vegetable oil

## Utensils

- grater
  - large frypan
  - sieve
  - small saucepan
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Shellfish (2), Fish (4), Soy (6). May contain traces of other allergens.

## Nutrition per serving

Energy 560.0kcal, Fat 25.1g, Proteins 29.1g, Carbs 49.9g



1. Cook rice

Preheat oven to 190C. Rinse the **rice** in a sieve under running water then place in a small saucepan with 500ml (2 cups) water. Season with **salt** then bring to the boil. Reduce heat and simmer over medium heat for 20 mins or until the rice is tender. Drain and rinse under cold water. Drain well.



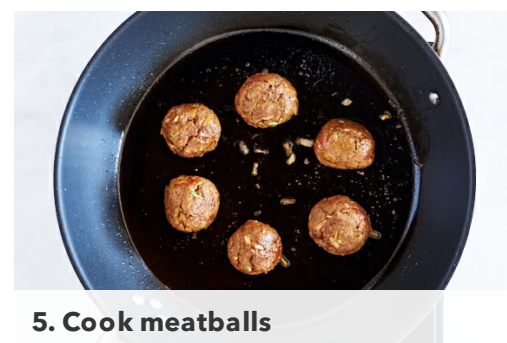
4. Make dressing

Juice the **lemon** into a clean large bowl, you will need 2 tbs. Add the **fish sauce** and 1 tsp **brown sugar**. Stir until sugar has dissolved. Finely chop the **red chilli** (deseed for less heat if you prefer) and add to the **dressing**.



2. Season mince

Meanwhile, finely chop half the **shallot**. Pick the **coriander** leaves. Finely chop the stems and roots. Place the chopped shallot and coriander in a large bowl with the **mince** and **curry paste** (add a little less for a milder taste). Zest the **lime** over the bowl. Mix well to combine.



5. Cook meatballs

Heat 1 tbs **oil** in a large ovenproof frypan over medium-high heat. Cook the **meatballs**, rolling the pan occasionally, for 3-4 mins until browned. Reduce heat to medium-low and cook for 5 mins turning occasionally. Transfer pan to the oven and bake for a further 5 mins or until cooked through.



3. Shape meatballs

Using wet hands, shape **mince mixture** into 6-8 balls.



6. Finish salad

Meanwhile, pick the **mint** leaves (discard stems). Coarsely chop the mint and **coriander** leaves. Finely chop the **cucumber**. Thinly slice remaining half **shallot**. Quarter the **tomatoes**. Coarsely shred the **lettuce leaves**. Add the **rice**, **herbs**, cucumber, sliced shallot, tomato and lettuce to the dressing and toss to combine. Serve the meatballs with the rice salad.