



# Thai Spiced Turkey Meatballs

with fragrant jasmine rice

Calorie Smart 30 – 35 mins • Spicy

16



Turkey Mince



Green Beans



Red Thai Style Paste



Thai Style Spice Mix



Chilli



Lime



Coriander



Jasmine Rice



Passata



Breadcrumbs

Pantry Items: Water, Oil, Salt, Pepper, Sugar



Rate your recipe!



## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Pan with lid, pot with lid, zester

## Ingredients

	2P	4P
Turkey Mince	250 g	500 g
Green Beans	150 g	300 g
Red Thai Style Paste	1 sachet	2 sachets
Thai Style Spice Mix	2 sachets	4 sachets
Chilli	1 unit	2 units
Lime	1 unit	2 units
Coriander	5 g	10 g
Jasmine Rice	150 g	300 g
Passata	1 pack	2 packs
Breadcrumbs	1 pack	1 pack

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>459.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2435.1 kJ/ 582 kcal	529.9 kJ/ 126.7 kcal
Fat (g)	3.2 g	0.7 g
Sat. Fat (g)	0.8 g	0.2 g
Carbohydrate (g)	95.4 g	20.8 g
Sugars (g)	14.5 g	3.2 g
Protein (g)	40.1 g	8.7 g
Salt (g)	3.8 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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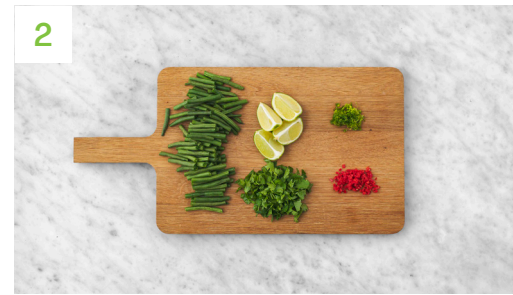
### Cook the Rice

1. Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
2. Stir in the **rice** and bring to the boil.
3. Once boiling, lower heat to medium, cover with the lid and cook for 12 mins.
4. Once cooked, remove the pot from the heat.
5. Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



### Char the Green Beans

1. Return the pan to medium-high heat with another drizzle of **oil** if necessary.
2. Once hot, fry the **green beans** until starting to char, 2-3 mins.
3. Season with **salt** and **pepper**.
4. Stir in the **red Thai paste**, remaining **Thai spice mix** and **chilli** (use less if you don't like spice).
5. Cook, stirring, until fragrant, 1 min.



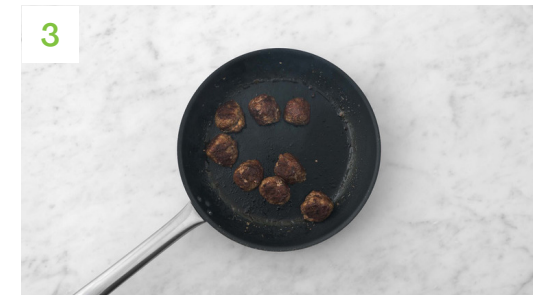
### Get Prepped

1. Trim and halve the **green beans**.
2. Halve the **chilli** and discard the core and seeds. Finely chop.
3. Zest then quarter the **lime**.
4. Roughly chop the **coriander** (stalks and all).



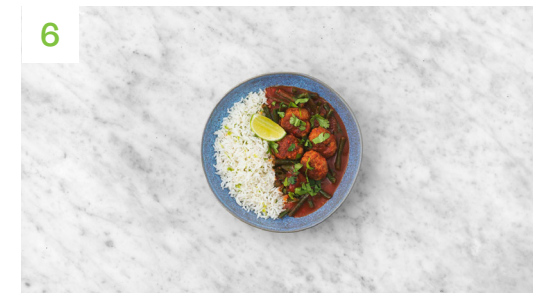
### Simmer the Sauce

1. Add the **passata**, the juice of two **lime** wedges (double for 4p), **half** the **coriander** and 150ml **water**. Stir to combine.
2. Return the meatballs to the pan.
3. Cover with a lid and leave to simmer for 8-10 mins. **IMPORTANT:** Meatballs are cooked when no longer pink in the middle.
4. Season to taste with **salt**, **pepper** and **sugar**.
5. Stir the **lime** zest through the **rice**, fluffing it up as you go.



### Make the Meatballs

1. Add **mince**, **breadcrumbs**, 2 tbs **water**, ¼ tsp **salt** (double both for 4p) and **half** the **Thai spice mix** to a large bowl.
2. Season with **pepper** and mix together by hand.
3. Roll into evenly-sized balls, 3-4 per person. **IMPORTANT:** Wash hands and equipment after handling raw mince.
4. Place a large pan over medium-high heat with a drizzle of **oil**.
5. Once hot, fry the meatballs until browned all over and cooked through, 6-8 mins. Once cooked, remove from the pan.



### Finish and Serve

1. Spoon the **green beans** and Thai style **turkey** meatballs into bowls.
2. Garnish with the remaining **coriander**.
3. Divide the **lime rice** between bowls and serve alongside.
4. Serve with remaining **lime** wedges for squeezing over.

Enjoy!