



Thai Spiced Turkey Meatballs

with fragrant jasmine rice

30 – 35 mins • Spicy

20



Turkey Mince



Broccoli



Red Thai Style Paste



Thai Style Spice Mix



Chilli



Lime



Coriander



Jasmine Rice



Passata



Breadcrumbs

Pantry Items: Salt, Water, Oil, 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, baking sheet with baking paper

Ingredients

| | 2P | 4P |
|----------------------|-----------|-----------|
| Turkey Mince | 250 g | 500 g |
| Broccolini | 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 |
|---------------------------------|----------------------|---------------------|
| for uncooked ingredients | 460.1 g | 100 g |
| Energy (kJ/kcal) | 2460 kJ/ 588 kcal | 535 kJ/ 128 kcal |
| Fat (g) | 3 g | 0.7 g |
| Sat. Fat (g) | 0.8 g | 0.2 g |
| Carbohydrate (g) | 94.3 g | 20.5 g |
| Sugars (g) | 13.2 g | 2.9 g |
| Protein (g) | 41.9 g | 9.1 g |
| Salt (g) | 4.4 g | 1 g |

Nutrition for uncooked ingredients based on 2 person recipe.

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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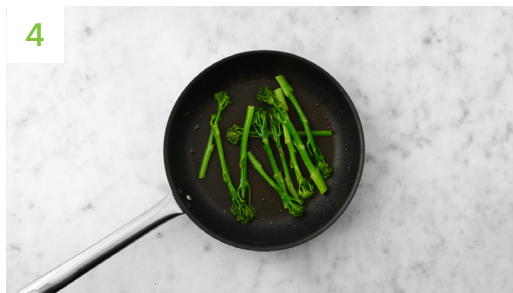


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Cook the Rice

- Preheat the oven to 220°C/200°C fan/gas mark 7. Pour 300ml cold **salted water** (per 2P) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower heat to medium, cover with the lid and cook for 12 mins.
- Once cooked, remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



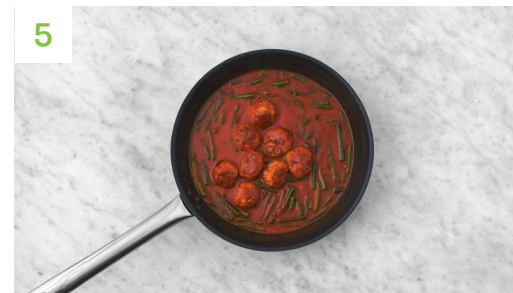
Char the Broccolini

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



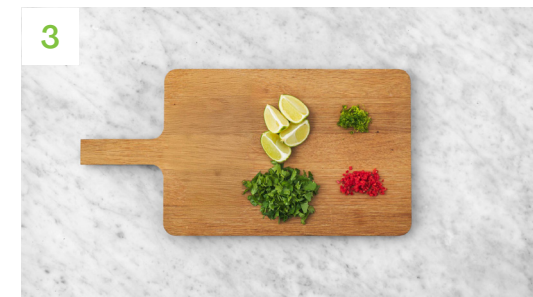
Make the Meatballs

- Add **mince**, **breadcrumbs**, 2 tbsp **water** (per 2P), ¼ tsp **salt** (per 2P) and **half** the **Thai spice mix** to a large bowl.
- Season with **pepper** and mix together by hand.
- Roll into evenly-sized balls, 3-4 per person.
- Pop the meatballs onto a lined baking tray. Bake on the top shelf until cooked through, 12-15 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Meatballs are cooked when no longer pink in the middle.



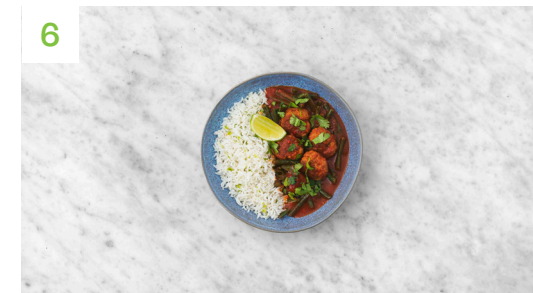
Simmer the Sauce

- Add the **passata**, the juice of two **lime** wedges (per 2P), **half** the **coriander** and 150ml **water** (per 2P). Stir to combine.
- Once cooked, add the meatballs to the pan.
- Season to taste with **salt**, **pepper** and **sugar**.
- Stir the **lime** zest through the **rice**, fluffing it up as you go.



Get Prepped

- Halve the **chilli** and discard the core and seeds. Finely chop.
- Zest then quarter the **lime**.
- Roughly chop the **coriander** (stalks and all).



Finish and Serve

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

Enjoy!