



Thai Coconut Pork Meatball Soup

with Zucchini & Green Beans

NEW



Grab your Meal Kit with this symbol



Fine Breadcrumbs



Thai Stir-Fry Spice



Green Beans



Zucchini



Tomato



Mild Thai Red Curry Paste



Coconut Milk



Pork Mince



Chicken Stock Pot



Beef Mince

Prep in: 15-25 mins
Ready in: 25-35 mins

Carb Smart

Brimming with vibrant veggies and hearty pork meatballs, this coconutty, red-curry soup is comfort in a bowl - and the best part about this one is that it is low on carbs!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
Thai stir-fry spice	1 medium sachet	1 large sachet
green beans	1 small bag	1 medium packet
zucchini	1	2
tomato	1	2
mild Thai red curry paste	1 packet	2 packets
coconut milk	1 medium tin	2 medium tins
chicken stock pot	1 packet (20g)	2 packets (40g)
water*	1 cup	2 cups
brown sugar*	½ tsp	1 tsp
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1997kJ (477Cal)	384kJ (92Cal)
Protein (g)	35.9g	6.9g
Fat, total (g)	37.1g	7.1g
- saturated (g)	20.6g	4g
Carbohydrate (g)	29.6g	5.7g
- sugars (g)	13.4g	2.6g
Sodium (mg)	1929mg	371mg
Dietary Fibre (g)	5.9g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2023kJ (484Cal)	389kJ (93Cal)
Protein (g)	39.3g	7.6g
Fat, total (g)	36.2g	7g
- saturated (g)	21g	4g
Carbohydrate (g)	29.6g	5.7g
- sugars (g)	13.4g	2.6g
Sodium (mg)	1931mg	371mg
Dietary Fibre (g)	5.9g	1.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Make meatballs

- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, the **egg**, **Thai stir-fry spice** and a pinch of **salt**.
- Using damp hands, take a heaped spoonful of **mixture** and shape into a small meatball. Transfer to a plate and repeat with remaining mixture. The mixture should make around 4-5 meatballs per person.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **meatballs** and cook, turning, until browned and cooked through, **8-10 minutes**. Transfer to a plate.

TIP: Cook in batches if your pan is getting crowded.

Custom Recipe: If you've swapped to beef mince, prepare and cook the beef meatballs in the same way as the pork meatballs.

3



Cook soup

- Reduce heat to medium. Add **mild Thai red curry paste** and **tomato** and cook, stirring, until fragrant, **1-2 minutes**.
- Stir in **coconut milk**, **chicken stock pot**, the **water** and **brown sugar** and cook until slightly thickened, **2-3 minutes**.
- Return **cooked meatballs** and simmer until warmed through, **1-2 minutes**.

2



Cook veggies

- While the meatballs are cooking, trim **green beans** and slice into thirds. Thinly slice **zucchini** into half-moons. Slice **tomato** into thick wedges.
- Return the frying pan to a high heat with a drizzle of **olive oil** if needed. Add **zucchini** and **green beans** and cook, tossing, until just charred, **2-3 minutes**.

TIP: Add a dash of water to the pan to help speed up the cooking process.

4



Serve up

- Divide Thai coconut pork meatball coconut and mixed veggie soup between serving bowls. Enjoy!

Rate your recipe

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