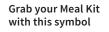


Thai Coconut Pork Meatball Soup

with Zucchini & Green Beans

NEW







Fine Breadcrumbs





Green Beans



Zucchini





Tomato



Coconut Milk



Chicken Stock





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



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

9			
	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





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.



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.



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.



Serve up

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

Rate your recipe