

# Turkey Meatballs & Bok Choy

in Coconut Lemongrass Curry

2 SERVINGS

⌚ 30-40 MINS

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## Ingredients



10 oz Ground Turkey 



10 oz Baby Bok Choy




6 oz Carrots



1 13.5-oz can Light Coconut Milk



10 oz Ground Pork 



1 stalk Lemongrass



1 Lemon



¾ cup Panko Bread crumbs



½ cup Brown Rice



2 Scallions



1 Tbsp Yellow Curry Paste



2 Tbsps Coconut Aminos<sup>1</sup>

<sup>1</sup> seasoning sauce

\*Ingredients may be replaced and quantities may vary.



## 1 Prepare the ingredients

- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and the hollow green tops.
- Peel the **carrots**; thinly slice on an angle.
- Using the back (blunt edge) of your knife, hit along the length of the **lemongrass** to release the oils, then cut crosswise into 2-inch pieces.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- Quarter and deseed the **lemon**.



## 2 Cook the rice

- Add the **rice** to the pot of boiling water and cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat.
- Drain thoroughly.



## 3 Form & brown the meatballs

- Meanwhile, in a bowl, combine the **turkey**, **sliced white bottoms of the scallions**, and **breadcrumbs**. Season with salt and pepper. Gently mix to combine.
- Shape the mixture into 10 tightly packed meatballs.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** medium until hot.
- Add the **meatballs**. Cook, stirring occasionally, 5 to 7 minutes, or until browned on all sides.
- Add the **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until lightly browned.



## ↩ CUSTOMIZED STEP 3 *If you chose Ground Pork*

- Form and brown the meatballs as directed, using the **pork** (instead of turkey).

## 4 Start the curry

- Add the **curry paste** and **lemongrass pieces** to the pan. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- Add the **coconut milk** (carefully, as the liquid may splatter), and **coconut aminos**. Heat to boiling on high.



## 5 Finish the curry & serve your dish

- Once boiling, and the **chopped bok choy** to the pan. Cook, stirring occasionally, 3 to 4 minutes, or until the bok choy leaves are wilted and the meatballs are cooked through.\*
- Turn off the heat. Carefully discard the **lemongrass pieces**.
- Stir in the **juice of 2 lemon wedges**. Taste, then season with salt and pepper if desired.
- Serve the **finished curry** over the **cooked rice**. Garnish with the **sliced green tops of the scallions**. Serve the **remaining lemon wedges** on the side. Enjoy!



\*An instant-read thermometer should register 165°F for turkey and 160°F for pork.

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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