

# Thai Chicken Meatballs

*with Red Coconut Curry, Bok Choy & Rice Noodles*

You can think of this dish as a Thai version of spaghetti and meatballs. Instead of spaghetti, you'll be using wide, flat rice noodles. And instead of a tomato-based red sauce, you'll be using coconut milk and red curry for a smooth, rich sauce with a kick. The meatballs themselves are flavored with classic Southeast Asian ingredients. You'll cook them just to the verge of golden-brown perfection before finishing them in the curry, along with crunchy baby bok choy.



## Ingredients

- 10 Ounces Ground Chicken
- 7 Ounces Wide Rice Noodles
- 3 Cloves Garlic
- 2 Scallions
- 1 Stalk Lemongrass
- ½ Pound Baby Bok Choy
- 1 Large Bunch Cilantro
- 1 Lime

## Knick Knacks

- 2 Tablespoons Panko Breadcrumbs
- 2 Tablespoons Red Curry Paste
- 1 1-Inch Piece Ginger
- ½ Cup Coconut Milk Powder

Makes 2 Servings

About 610 Calories Per Serving

Cooking Time: 25 to 35 minutes





1



### Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic and ginger. Thinly slice the scallions, separating the white bottoms and green tops. Cut off and discard the ends of the lemongrass; peel away and discard the fibrous outer layers until you reach the white, pliable core. Mince the core. Cut off and discard the root ends of the bok choy; separate the leaves. Pick the cilantro leaves off the stems, keeping them separate; mince the stems. Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lime. In a small bowl, combine the **coconut milk powder** and **1½ cups of warm water**.

2



### Cook the aromatics:

Heat a medium pot of salted water to boiling on high. In a medium pan, heat 2 teaspoons of olive oil on medium until hot. Add the **white parts of the scallions, lemongrass, cilantro stems, half the garlic and half the ginger**. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Transfer to a plate and spread into a single, even layer to cool slightly. Wipe out the pan.

3



### Make the meatballs:

In a large bowl, combine the **ground chicken, breadcrumbs and cooled aromatics**; season with salt and pepper. Mix gently to combine. Using your hands, form the mixture into 12 equal-sized balls.

4



### Brown the meatballs:

In the same pan used to cook the aromatics, heat 2 teaspoons of olive oil on medium-high until hot. Add the **meatballs**; cook, stirring occasionally, 6 to 8 minutes, or until browned. Transfer to a plate, leaving any drippings in the pan.

5



### Make the coconut curry:

Heat the pan of reserved drippings on medium until hot. Add the **remaining garlic and ginger**; cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add **as much of the curry paste as you'd like**; cook, stirring frequently, 20 to 30 seconds, or until fragrant. Add the **lime zest and coconut milk mixture**; cook, stirring occasionally, 30 seconds to 1 minute, or until slightly reduced. Add the **meatballs and bok choy**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until the meatballs are cooked through. Remove from heat. Stir in **the juice of all 4 lime wedges**; season with salt and pepper to taste.

6



### Cook the noodles & plate your dish:

While the meatballs finish cooking, add the **rice noodles** to the pot of boiling water. Cook 4 to 6 minutes, or until tender; drain thoroughly. To plate your dish, divide the **cooked noodles and coconut curry and meatballs** between 2 dishes. Garnish with the **cilantro leaves and green parts of the scallions**. Enjoy!