

Red Curry Meatballs and Rice

Cooking Instructions

1. Cook brown rice 1:2 parts water.
2. Mix ground turkey with 2 minced garlic cloves, 1 stalk of green onion finely chopped, 1 tablespoon fish sauce, 1 tsp of red curry paste, cornstarch, basil, salt, and pepper. Form into 1-2 tablespoon size balls.
3. Cook meatballs by placing in oven or on the stove top. Use a large skillet with ½ tablespoon olive oil on medium heat, turning every 3-4 minutes. Set aside. Bake in the oven on a baking sheet with olive oil for 10 minutes until outside is cooked. Let the meatballs be mostly cooked, but not all the way done.
4. Chop onion and remaining garlic and place in same pan as cooked meatballs. If cooked in the oven, use a new pan. Sauté for 4-5 minutes until onions are soft. Add 1 tablespoon of red curry sauce, 2 tsp fish sauce, a dash of basil, and ½ cup-¾ cup of coconut milk. Whisk the curry paste if it doesn't dissolve. Add the juice of one lime, salt, and pepper.
5. Turn the heat to low, add the meatballs back in, cover, and simmer about 15-20 minutes until meatballs are cooked all the way through and sauce is thicker. Stir occasionally. Add remaining coconut milk if needed.
6. When meatballs are almost done, sauté or steam broccoli until tender.
7. Serve over broccoli and rice and top with remaining lime and cilantro.

Recipe

- 1 tablespoon olive oil
- 1 white onion diced
- 4 garlic cloves minced
- 2 green onions
- 3 stalks of broccoli
- 1 lbs ground turkey
- 2 tablespoons fish sauce
- 2 tablespoons red curry paste
- 1/4 cup chopped fresh basil (or use 2 tsp dried spice)
- 1 teaspoon black pepper
- ½ teaspoon salt
- 1 can coconut milk
- 1 tsp corn starch
- 2 Limes
- 2-3 cups cooked brown rice
- Optional Toppings – lime, green onions, cilantro, red chili flakes

Grocery List – Add optional ingredients as desired

Produce

- 1 white onion
- 1 bulb garlic
- 2 limes
- 1 bunch green onion
- 3 stalks broccoli
- Fresh basil
- Cilantro

Meat

- 1 lbs ground turkey

Canned Goods

- 1 14 oz can coconut milk
- 2 tablespoons red curry paste
- 2 tablespoons fish sauce

Pantry

- salt
- pepper
- olive oil
- basil
- brown rice
- cornstarch
- red chili flakes