



THIS WEEK'S TASTY RECIPE

THAI CHICKEN MEATBALLS

MAKES 24 BALLS

INGREDIENTS

¼ cup (60ml) sweet chilli sauce
Juice & finely grated zest of 1 lime
3cm piece (15g) ginger, finely
grated
600g chicken thighs, roughly
chopped
2 garlic cloves, finely grated
1 lemongrass stalk, finely chopped
2 tbsp coriander root, finely chopped
2 kaffir lime leaves, finely chopped
¼ cup (60ml) Thai red curry paste
1 egg white
1 cup (50g) panko breadcrumbs
1 small red onion, finely chopped
50g green beans, trimmed, thinly
sliced
150g vermicelli noodles, to serve
1 tbsp peanut oil
1 cup mixed soft herbs, to serve

METHOD

1. To make the sauce, combine chilli sauce, lime juice and zest and half the ginger in a saucepan and simmer for 10 minutes.
2. In a food processor, combine chicken, remaining ginger, garlic, lemongrass, coriander root, lime leaves, curry paste, egg white and breadcrumbs. Blitz until coarsely chopped.
3. Transfer to a bowl, add onion and beans and combine. Roll heaped tablespoons of mixture into balls, and place onto a paper-lined tray. Cover and chill for 20 minutes or until firm.
4. Meanwhile, cook noodles to packet instructions.
5. Heat oil in a non-stick pan over medium/low heat. In batches, cook meatballs, turning, for 6 minutes, or until cooked through. Add chilli sauce and turn to coat.
6. Serve the meatballs and noodles with mixed herbs, lime wedges and drizzle over extra chilli sauce.

MAKE IT FRESH AT HOME

Ingredients available from Carousel Meats, T&M Fresh, Coles & Woolworths.

Westfield CAROUSEL