

Red Curry Meatballs and Rice

Instructions

1. Cook the brown rice with 1:2 parts water.
2. Mix the ground turkey with 2 of the minced cloves of garlic, 1 finely chopped stalk of green onion, 1 tablespoon of fish sauce, 1 teaspoon of red curry paste, and the cornstarch, basil, salt, and pepper. Form 1-2 tablespoons of the mixture into meatballs.
3. Cook the meatballs by baking them in the oven or cooking them on the stove top. Use a large skillet with ½ tablespoon of 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 the outside is cooked. Let the meatballs cook for the most part, but take them out before they are all the way done.
4. Add the diced white onion, the remaining green onion, and the garlic to the same pan as the cooked meatballs. If baked in the oven, use a new pan. Sauté for 4-5 minutes until the onions are soft. Add 1 tablespoon of red curry sauce, 2 teaspoons of fish sauce, a dash of basil, and ½ to 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 for about 15-20 minutes until the meatballs are cooked all the way through and sauce has thickened. Stir occasionally. Add remaining coconut milk if needed.
6. When the meatballs are almost done, sauté or steam broccoli until tender.
7. Serve over broccoli and rice and top with remaining lime and cilantro.

Ingredients

- 2-3 cups of brown rice once cooked
- 1 lb ground turkey
- 4 cloves of garlic, minced
- 2 green onions
- 2 tbsp fish sauce
- 2 tbsp red curry paste
- 1 tsp corn starch
- ¼ cup chopped fresh basil (or use 2 tsp dried basil)
- ½ tsp salt
- 1 tsp black pepper
- 1 tbsp olive oil
- 1 white onion diced
- 1 can coconut milk
- 2 limes
- 3 stalks of broccoli
- Optional toppings:
 - Lime wedges
 - Green onions
 - Cilantro
 - Red chili flakes

Grocery List

Produce

- Garlic
- Green onion
- Fresh basil
- White onion
- Lime
- Broccoli
- Cilantro

Pantry

- Brown rice
- Cornstarch
- Salt
- Pepper
- Olive oil
- Dried basil
- Red chili flakes

Meat

- Ground turkey

Canned Goods

- Fish sauce
- Red curry paste
- 1 can (14 oz) coconut milk