



RED CURRY WITH PORK MEATBALLS

Red bell pepper, cabbage, shiitake mushrooms, coconut

COOK TIME
30 MIN

SERVINGS
2

NET CARBS PER SERVING
17 GRAMS

CALORIES PER SERVING
650

MENU
KETO // GLUTEN-FREE

A nourishing meal inspired by Thai flavors. Ground pork, seasoned with a yellow curry, cumin, and coriander spice blend, is formed into meatballs and pan-seared. The meatballs are finished in a vibrant red curry sauce — made here with red bell pepper, shiitake mushrooms, cabbage, and a ginger-garlic coconut milk. Toasted coconut flakes and sliced scallion garnish the dish.

INGREDIENTS (11 ITEMS)

- 10 oz **Ground pork**
- 1 tsp **Yellow curry, cumin & coriander spice blend**
- ⅓ oz **Dried shiitake mushrooms**
- 2 oz **Red bell pepper***
- 4 ¼ oz **Green cabbage***
- 2 oz **Celery**
- 1 ¾ oz **Yellow onions & ginger**
- ½ cup **Ginger-garlic coconut milk** T
- 2 tbsp **Red curry paste & lime juice**
- 1 ½ tbsp **Toasted coconut flakes** T
- 1 whole **Scallion**

WHAT YOU'LL NEED

- large sauté pan
- mixing bowls
- thermometer
- measuring cup & spoons

ALLERGENS

- T TREE NUT



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

*You may receive different color varieties of these ingredients.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com

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1 PREP MUSHROOMS

- Roughly chop **dried shiitake mushrooms**. Place in a small bowl. Cover with about 1 ½ cups hot tap water. Let soak at least 5 minutes.

2 PREP VEGGIES

- Thinly slice **scallion**; discard root end.
- Medium dice **red bell pepper** into about ¼-inch pieces.
- Slice **celery** into about ¼-inch thick pieces.

3 SEASON PORK

- Place **ground pork** and about half of the **scallion** in a medium bowl. Season with **yellow curry, cumin, and coriander spice blend**, ¼ teaspoon salt, and ¼ teaspoon pepper. Mix well to evenly distribute seasoning.

4 FORM MEATBALLS

- Form **pork** into 8-10 meatballs, about ¾-inch in diameter.

5 COOK MEATBALLS & VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **meatballs** to hot pan. Sear 4 minutes, or until evenly browned, stirring occasionally.
- Add **bell pepper, celery, and yellow onions and ginger** to pan around meatballs. Season veggies with salt and pepper. Stir. Cook 3-4 minutes, or until veggies soften, stirring occasionally.

6 MAKE CURRY

- Reduce heat on pan with meatballs and veggies to medium-low. Add **red curry paste and lime juice** to pan; stir. Cook 1 minute, stirring frequently.
- Add **mushrooms (with liquid), green cabbage, and ginger-garlic coconut milk** to pan. Stir. Cook 8-10 minutes, or until sauce thickens and meatballs are fully cooked, stirring occasionally.*

**Take Note: Ground pork is fully cooked when internal temperature reaches 160 degrees.*

7 PLATE YOUR DISH

- Divide **meatballs and veggies with red curry sauce** between bowls. Sprinkle with **toasted coconut flakes** and remaining **scallion**.
- Enjoy!

