

Name:

Date:



## Red Thai meatball curry

kcal	fat	saturates	carbs	sugars	fibre	protein	low in salt
371	26g	13g	4g	3g	2g	31g	0.79g

A colourful, zingy curry that the whole family will enjoy

-  **Prep:** 20 mins
  -  **Easy**
  -  **Serves 4**
- Cook:** 20 mins

Lean beef mince	Reduced-fat coconut milk
Red chillies	Bamboo shoots
Ginger	Lime
Sunflower or vegetable oil	Basil

Thai red curry paste	Basmati rice
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## Ingredients & cost per recipe

(Divide the ingredients in to a single portion, then work out the cost per recipe and the cost per person)

500g pack lean beef mince (5% fat)	
2 red chillies, 1 chopped, 1 sliced	
thumb-size piece ginger, grated	
1 tbsp sunflower or vegetable oil	
1-1½ tbsp Thai red curry paste,	
400ml can reduced-fat coconut milk	
225g can bamboo shoots, drained	
140g fine green beans, trimmed	
juice 1 lime, plus extra wedges to serve	
20g pack basil	
240g basmati rice to serve	
500g pack lean beef mince (5% fat)	
Cost per recipe	
Cost per person	

## Method

(Complete the capitalization and punctuation task in the method section)

**STEP 1:** put the mince into a large bowl with the chopped chilli ginger and egg then season generously mix well with your hands then shape into 20 meatballs can be made and chilled up to a day ahead.





**STEP 2:** heat the oil in a large non-stick frying pan then brown the meatballs for 5 minutes tip onto a plate add the curry paste fry for 1 min then pour in the coconut milk and half a can of water bring back to the boil and stir to make a smooth sauce

**STEP 3:** return the meatballs to the pan with the bamboo shoots and beans simmer for 5 minutes until the beans are just tender and meatballs cooked through to serve season the sauce with salt pepper and lime juice then tear in the basil leaves scatter with sliced chilli and serve with rice or noodles and more lime wedges for squeezing over

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Lesson Questions		
Identify the cut of protein used?		
Describe the difference between Red and green Thai Paste?		
Explain the taste, smell, texture and look of:  <b>Red Thai Paste ?</b>	Taste	Smell
	Texture	Look

Cooking Skills Record:				
My rating:				
What I need to remember next time I cook this recipe:				
Skills I need to practice:				
Choosing alternative ingredients / veggie option:				
What could I serve this with:				
Are there ways I can economise:				
Hygiene and safety tips:				
I have passed this recipe to? And why:				
Time taken to prepare & cook this recipe?				
How does this contribute to the "Eatwell Plate":				
Fruit & veg				
Bread, rice, pasta & potatoes,				
meat fish, eggs & beans				
Milk & dairy				
Oil & fats				
Teacher/Student Feedback:				
Student evaluation				
Teacher feed back				
Student to teacher feed back				

Student to Peers feed back	
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**Skills Used: (Fill in your own cooking skills record in the front of your folder)**