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THE RECIPE

creamy coconut chicken meatball and noodle curry

The perfect weeknight dinner...made in about 30 minutes, hearty, cozy, delicious + healthy too!

 prep time	15 minutes
 cook time	15 minutes
 total time	30 minutes
 calories	399 kcal

INGREDIENTS

- 1 pound ground chicken
- 2 green onions, finely chopped, plus more for serving
- 1/4 cup + 2 teaspoons low sodium soy sauce
- black pepper
- 5 tablespoons extra virgin olive oil or avocado oil
- 1 cup cubed butternut squash or sweet potato
- 2-3 medium shallots, thinly sliced
- 1 inch fresh ginger, grated
- 4 cloves garlic, minced or grated
- 1/2 cup fresh cilantro, chopped, plus more for serving
- 1/4 cup Thai red curry paste
- 2 (14-ounce) cans full-fat coconut milk
- 2-3 cups low-sodium chicken broth
- 2 tablespoons creamy peanut butter
- 1 tablespoon fish sauce (or low sodium soy sauce)
- 2 cups baby spinach
- 8 ounces egg or rice noodles
- pomegranate arils, for serving (optional)

INSTRUCTIONS

1. Add the chicken, green onions, 2 teaspoons soy sauce, and a pinch of pepper to a bowl. Mix until just combined. Coat your hands with a bit of oil, and roll the meat into tablespoon-size balls (will make 15-20 meatballs).
2. Heat a large pot over medium-high heat and add 2 tablespoons oil. When the oil shimmers, add the meatballs and sear until crisp, about 4-5 minutes, turning them 2-3 times until cooked through. Transfer to a plate.
3. To the same pot, add 3 tablespoon oil, the shallots, ginger, and garlic. Cook until fragrant, about 2 minutes. Add the butternut squash and curry paste. Cook another 5 minutes, stirring occasionally. Stir in the coconut milk, broth, 1/4 cup soy sauce, fish sauce, and peanut butter. Slide

the meatballs back into the curry. Simmer over medium heat until the meatballs are cooked through, 5-8 minutes. Stir in the spinach.

4. Meanwhile, cook noodles according to package directions.

5. Divide the noodles between bowls and ladle the curry over. Top each bowl with pomegranate, cilantro, and green onions.