Curry Meatballs over Jasmine Rice with Mango Salsa

Ingredients: Serves 4 – 6, depending on how hungry you are

Mango Salsa:

- 1 mango, peeled and chopped ¼"
- ¼ cup fresh cilantro leaves, chopped fine
- Zest and juice of 1 medium lime
- Pinch of salt

Curry Meatballs:

- 1-pound lean ground beef
- 1 large egg
- ⅓ cup Panko breadcrumbs
- 2 green onions, thinly sliced
- 1 tablespoon curry powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon cayenne pepper

Coconut rice:

- Low sodium chicken broth
- ½ of 13.5 ounce can coconut milk
- 1 cup Jasmine rice

Curry Sauce:

- 2 teaspoons oil
- 2-inch piece fresh ginger, peeled and minced
- 1 (13.5-ounce) can full fat coconut milk
- 2 tablespoons red or green curry paste
- 1 tablespoon + 1 teaspoon low sodium soy sauce
- 1 tablespoon + 1 teaspoon honey

Instructions:

1. Make the Mango salsa by combine all ingredients. Set aside.
2. Make the curry meatballs: Preheat the oven to 375 degrees.
In a medium mixing bowl, mix together the meatball ingredients. Form into 2-inch meatballs and line on a baking sheet fitted with a rack, about 1-inch apart. Bake 15 minutes or so, until they are browning.
3. Make the coconut rice: Go by the instructions on the package, substituting the amount of chicken broth for the water, less 3 ounces. Add the ½ can of coconut milk and bring the liquid to a boil before adding the Jasmine rice. Reduce heat and cover to simmer.
4. To make the curry sauce: In a large skillet, heat oil to medium-low heat. Add the ginger and sauté 30-60 seconds or until fragrant. Stir in the coconut milk, curry paste, soy sauce and honey and bring to a simmer.
5. Add the meatballs to the sauce and simmer about 5 minutes or until the internal temperature reaches 160⸭.
6. Assemble your bowl starting with the rice, adding the meatballs and sauce, and topping with mango salsa as desired.