



## BEBOLA DAGING MASAK KARI HIJAU

### Bahan-bahan:

- 400g ayam dada, dikisar
- 1 bawang besar, dipotong
- 1 cawan atau 75g serbuk roti
- 1 telur
- 3 tangkai daun ketumbar, dipotong halus
- 1 sudu besar pes kari hijau
- 3 sudu besar kari hijau Thai
- 250ml Santan Kelapa M&S Lemak Dikurangkan
- 100ml air
- 1½ sudu besar sos ikan
- 1 sudu besar gula
- 1 sudu besar jus limau nipis
- 4 daun limau purut, dihiris Minyak masak
- Lada, secukup rasa
- Garam, secukup rasa

### Hidangan:

4

### Cara Penyediaan:

1. Campurkan ayam, bawang, daun ketumbar, serbuk roti, telur, pes kari hijau, garam dan lada. Gaulkan sehingga sebati dan uli menjadi bebola.
2. Panaskan minyak masak dan goreng bebola di atas api sederhana sehingga masak. Ketepikan.
3. Masukkan pes kari hijau Thai ke dalam kuali, masak selama 1 minit. Campurkan air, sos ikan, gula, Santan Kelapa M&S Lemak Dikurangkan dan jus limau nipis. Padamkan api sebaik sahaja ia menjadi panas (jangan mendidih). Masukkan daun limau purut. Kacau dengan baik.
4. Tuangkan sos kari ke atas bebola.

## MEATBALLS IN GREEN CURRY SAUCE

### Ingredients:

- 400g chicken breast, minced
- 1 large onion, chopped
- 1 cup or 75g breadcrumbs
- 1 egg
- 3 stalk coriander leaves, chopped finely
- 1 tbsp green curry paste
- 3 tbsp Thai green curry paste
- 250ml M&S Reduced Fat Coconut Milk
- 100ml water
- 1½ tbsp fish sauce
- 1 tbsp sugar
- 1 tbsp lime juice
- 4 kaffir lime leaves, shredded
- Cooking oil
- Pepper, to taste
- Salt, to taste

### Serves:

4

### Method:

1. Combine minced chicken, onion, coriander leaves, breadcrumbs, egg, green curry paste, salt and pepper. Mix well and roll into balls.
2. Heat cooking oil and fry meatballs over medium heat, tossing until cooked. Set aside.
3. Put Thai green curry paste into a frying pan, cook stirring for 1 minute. Add in water, fish sauce, sugar, M&S Reduced Fat Coconut Milk and lime juice. Once it starts to heat through, turn off fire (do not allow to boil). Add in kaffir lime leaves. Stir till well mixed.
4. Pour curry sauce over meatballs.

