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Yellow Curry Meatballs and Kale ♦♦

This recipe combines juicy meatballs with a flavorful yellow curry sauce and nutritious kale. The dish is a hearty and satisfying meal that can be enjoyed on its own or served with rice or noodles. The yellow curry sauce is made from a blend of aromatic spices, coconut milk, and vegetable broth, creating a rich and creamy base for the meatballs and kale. The meatballs are made from a mixture of ground meat, breadcrumbs, onions, garlic, and spices, and are cooked in the curry sauce until tender and flavorful. The kale is added towards the end of cooking to add freshness and a vibrant green color to the dish. This recipe is perfect for those who enjoy bold and spicy flavors, and it can be easily customized by adjusting the amount of curry paste used.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g Ground Meat

100 g	breadcrumbs
100 g	onion
2 cloves	garlic
2 tbsp	yellow curry paste
400 ml	coconut milk
200 ml	vegetable broth
200 g	kale
1 tsp	salt
1 tsp	black pepper
2 tbsp	vegetable oil

Directions

Step 1

Mixing

In a large bowl, combine the ground meat, breadcrumbs, finely chopped onion, minced garlic, salt, and black pepper. Mix well until all the ingredients are evenly incorporated.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Shaping

Shape the mixture into small meatballs, about 1 inch in diameter. Place the meatballs on a plate or baking sheet.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Frying

Heat vegetable oil in a large skillet over medium heat. Add the meatballs and cook until browned on all sides, about 5 minutes. Remove the meatballs from the skillet and set aside.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Frying

In the same skillet, add the yellow curry paste and cook for 1 minute, stirring constantly.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Stirring

Add the coconut milk and vegetable broth to the skillet. Stir well to combine the curry paste with the liquid.

Prep Time: 0 mins

Cook Time: 1 mins

Step 6

Simmering

Return the meatballs to the skillet and simmer in the curry sauce for 15 minutes, or until the meatballs are cooked through and the sauce has thickened slightly.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Cooking

Add the kale to the skillet and cook for an additional 5 minutes, or until the kale is wilted and tender.

Prep Time: 0 mins

Cook Time: 5 mins

Step 8

Serving

Serve the yellow curry meatballs and kale hot, garnished with fresh cilantro or basil leaves, if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1500 iu	166.67%	214.29%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	150 mg	15%	15%
Iron	3 mg	37.5%	16.67%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian French Thai Mediterranean Spanish American Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Slow Cooker

Course

Appetizers

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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