Starport Foods

Gluten Free Coconut Curry Meatballs

Ingredients:

Serves 6 (8-1 oz. meatballs/serving)

2 C.	**Coconut Curry Sauce** (Gluten Free Starport 123)
3 lbs.	Meatballs, all beef, gluten free, cooked frozen (.5 or 1 oz. each)
½ C.	Coconut milk, optional
¾ C.	Tomatoes, seeded, diced ¼"
¾ C.	Green apples, cored, diced ¼"
¾ C.	Parsley, minced for garnish

8 meatballs per serving with 1 Tbsp. of tomatoes and apple and garnish with minced parsley.

Alternative flavors: **Hawaiian Sweet and Sour Sauce** (Gluten Free Starport 215), **XOX Teriyaki** (Starport 217), **Chipotle BBQ Sauce** (Gluten Free 321) or **Spicy Mango Creole Sauce** (Gluten Free Starport 121).

Pan brown meatballs

Instructions

1. Thaw frozen meatballs in refrigerator overnight then brown meatballs in skillet at medium heat, or follow package instructions.
2. Dice tomatoes and apples, mince parsley and set aside.
3. Heat a large pot, add in **Coconut Curry Sauce** and coconut milk and heat until boil.
4. Add in meatballs and gently stir to mix with sauce. Let simmer for 3-5 minutes.
5. Add in diced tomatoes and apple, stir gently and keep warm.
6. Serve meatballs with sauce and garnish with minced parsley.