



Southeast Asian Beef & Pork Meatball Curry

with Garlic Rice & Crushed Peanuts

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Parsnip



Garlic



Jasmine Rice



Beef & Pork Mince



Fine Breadcrumbs



Sweet Soy Seasoning



Leek



Lemon



Southeast Asian Spice Blend



Coconut Milk



Crushed Peanuts



Beef Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

We're always saying, if you can't decide between two amazing options why not have both! We're putting our words into action and cooking up beef and pork meatballs to be added to a rich Southeast Asian-inspired curry with roast veggies and leek. The payoff will satisfy everyone.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Egg, Brown Sugar, Soy Sauce

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
garlic	3 cloves	6 cloves
butter*	20g	40g
water* (for the rice)	1½ cups	2½ cups
jasmine rice	1 packet	1 packet
beef & pork mince	1 packet	1 packet
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
sweet soy seasoning	1 packet	2 packets
leek	1	2
lemon	½	1
Southeast Asian spice blend	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
soy sauce*	2 tsp	4 tsp
water* (for the sauce)	½ cup	1 cup
crushed peanuts	1 packet	2 packets
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4120kJ (985Cal)	709kJ (169Cal)
Protein (g)	47.4g	8.2g
Fat, total (g)	56.5g	9.7g
- saturated (g)	29.8g	5.1g
Carbohydrate (g)	99.7g	17.2g
- sugars (g)	18g	3.1g
Sodium (mg)	1227mg	211mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4153kJ (993Cal)	715kJ (171Cal)
Protein (g)	49.2g	8.5g
Fat, total (g)	55.1g	9.5g
- saturated (g)	30.1g	5.2g
Carbohydrate (g)	99.7g	17.2g
- sugars (g)	18g	3.1g
Sodium (mg)	1207mg	208mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW28



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **parsnip** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

2



Cook the garlic rice

- Meanwhile, finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

3



Make the meatballs

- Meanwhile, combine **beef & pork mince**, the **egg**, **fine breadcrumbs** and **sweet soy seasoning** in a large bowl.
- Using damp hands, take a heaped spoonful of **mince mixture** and shape into small meatballs (4-5 per person). Transfer to a plate.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes**. Transfer to a plate.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

Custom Recipe: If you've swapped to beef mince, prep and cook beef in the same way as above.

4



Start the sauce

- Thinly slice **leek**. Slice **lemon** into wedges.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **leek**, stirring, until softened, **4-5 minutes**.
- Add **Southeast Asian spice blend** and remaining **garlic** and cook until fragrant, **1-2 minutes**.

5



Bring it all together

- Add the **coconut milk**, the **brown sugar**, **soy sauce** and **water (for the sauce)** and cook, stirring occasionally, until heated through and fragrant, **1-2 minutes**.
- Return **meatballs** to the pan, then add **roasted veggies** and a squeeze of **lemon juice** and stir to combine.

6



Serve up

- Divide garlic rice between bowls. Top with Southeast Asian beef and pork meatball curry.
- Sprinkle over **crushed peanuts**. Serve with any remaining lemon wedges. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the nuts!

Rate your recipe

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