



Beef-Pork Meatballs & Caribbean Coconut Sauce

with Rapid Rice & Veggies

NEW

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Broccoli Florets



Beef & Pork Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Mild Caribbean Jerk Seasoning



Coconut Milk



Beef Mince

Prep in: 20-30 mins
Ready in: 25-35 mins

Experience a tropical twist on classic comfort with our beef-pork meatballs drenched in Caribbean coconut sauce. Savoury beef and pork are expertly seasoned, and paired with basmati rice to soak up that luscious coconut sauce, creating a culinary escape to the flavours of the Caribbean in every delightful bite.

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

Pantry items

Olive Oil, Egg

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
carrot	1	2
broccoli florets	1 bag (200g)	1 bag (400g)
beef & pork mince	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3205kJ (766Cal)	614kJ (147Cal)
Protein (g)	44.2g	8.5g
Fat, total (g)	38.2g	7.3g
- saturated (g)	22.8g	4.4g
Carbohydrate (g)	85.9g	16.5g
- sugars (g)	8.5g	1.6g
Sodium (mg)	1376mg	264mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3238kJ (774Cal)	620kJ (148Cal)
Protein (g)	46.1g	8.8g
Fat, total (g)	36.8g	7g
- saturated (g)	23.1g	4.4g
Carbohydrate (g)	85.9g	16.5g
- sugars (g)	8.5g	1.6g
Sodium (mg)	1371mg	263mg

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



2024 | CW05

1



Make the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain and set aside.

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

3



Cook the veggies

- Meanwhile, add **broccoli**, **carrot** and a splash of **water** to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave **veggies** on high until just tender, **2-4 minutes**.
- Drain, then return to the bowl and cover to keep warm.

2



Cook the meatballs

- Meanwhile, thinly slice **carrot** into sticks. Cut any larger **broccoli florets** in half.
- In a medium bowl, combine **beef & pork mince**, **garlic & herb seasoning**, **fine breadcrumbs** and the **egg**.
- Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to a plate.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **meatballs** until browned and cooked through, **8-10 minutes**.

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

4



Serve up

- When meatballs are done, add **mild Caribbean jerk seasoning** and cook until fragrant, **1-2 minutes**.
- Remove pan from heat, then add **coconut milk** and a splash of water, stirring to combine.
- Divide rapid rice between bowls.
- Top with veggies, beef and pork meatballs and Caribbean coconut sauce. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate