



Beef Meatballs & Indian Coconut Sauce

with Bombay Potatoes & Slaw

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Brown Mustard Seeds



Garlic



Carrot



Beef Mince



Mild North Indian Spice Blend



Fine Breadcrumbs



Mumbai Spice Blend



Coconut Milk



Shredded Cabbage Mix



Parsley



Pork Mince

Recipe Update

We've replaced the radish in this recipe with carrot due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

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

Pantry items

Olive Oil, Egg, Honey, White Wine Vinegar

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
brown mustard seeds	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
carrot	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
mild North Indian spice blend	1 medium sachet	2 medium sachets
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
honey*	1 tsp	2 tsp
Mumbai spice blend	1 medium sachet	2 medium sachets
coconut milk	1 medium packet	2 medium packets
shredded cabbage mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
parsley	1 packet	1 packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2716kJ (649Cal)	457kJ (109Cal)
Protein (g)	43.6g	7.3g
Fat, total (g)	38g	6.4g
- saturated (g)	23.2g	3.9g
Carbohydrate (g)	58g	9.8g
- sugars (g)	25.5g	4.3g
Sodium (mg)	758mg	128mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2610kJ (624Cal)	436kJ (104Cal)
Protein (g)	39.4g	6.6g
Fat, total (g)	38.5g	6.4g
- saturated (g)	21.1g	3.5g
Carbohydrate (g)	58g	9.7g
- sugars (g)	25.5g	4.3g
Sodium (mg)	779mg	130mg

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 | CW16



1



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray with a drizzle of **olive oil** and a generous pinch of **salt**. Sprinkle over **brown mustard seeds** and toss to coat.
- Roast until tender, **20-25 minutes**.

4



Cook the coconut sauce

- Wipe out frying pan and return to medium-low heat with a drizzle of **olive oil**. Cook **Mumbai spice blend** and remaining **garlic**, stirring, until fragrant, **1 minute**.
- Stir through **coconut milk** and simmer until thickened slightly, **1-2 minutes**. Season and set aside.

TIP: Add a splash of water if the sauce looks too thick.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Grate **carrot**.

5



Toss the slaw

- In a second medium bowl, combine **shredded cabbage mix**, **carrot** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

3



Make the meatballs

- In a medium bowl, combine **beef mince**, **mild North Indian spice blend**, **fine breadcrumbs**, the **egg** and half the **garlic**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Add the **honey** and toss to coat. Transfer to a plate.

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

6



Serve up

- Divide beef meatballs, Bombay potatoes and slaw between plates.
- Pour Indian coconut sauce over meatballs.
- Tear over **parsley** to serve. Enjoy!

Rate your recipe

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