

Beef Meatballs & Indian Coconut Sauce

with Bombay Potatoes & Slaw

NEW

KID FRIENDLY









Potato

Brown Mustard





Carrot











Blend

Fine Breadcrumbs





Coconut Milk





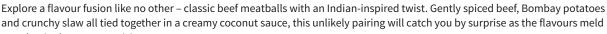
Parsley

Recipe Update

recipe card!

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









Prep in: 20-30 mins

and crunchy slaw all tied together in a creamy coconut sauce, this unlikely pairing will catch you by surprise as the flavours meld together in the most exquisite way.

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

ingi caici ita			
2 People	4 People		
refer to method	refer to method		
2	4		
1 medium sachet	1 large sachet		
2 cloves	4 cloves		
1	2		
1 medium packet	2 medium packets OR 1 large packet		
1 medium sachet	2 medium sachets		
1 medium packet	1 large packet		
1	2		
1 tsp	2 tsp		
1 medium sachet	2 medium sachets		
1 medium packet	2 medium packets		
1 medium packet	1 large packet		
drizzle	drizzle		
1 packet	1 packet		
1 medium packet	2 medium packets OR 1 large packet		
	refer to method 2 1 medium sachet 2 cloves 1 1 medium packet 1 medium packet 1 medium packet 1 tsp 1 medium sachet 1 medium packet 1 tsp 1 medium packet 1 medium packet 1 medium packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
2716kJ (649Cal)	457kJ (109Cal)
43.6g	7.3g
38g	6.4g
23.2g	3.9g
58g	9.8g
25.5g	4.3g
758mg	128mg
	2716kJ (649Cal) 43.6g 38g 23.2g 58g 25.5g

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



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
- · Roast until tender, 20-25 minutes.



Get prepped

- Meanwhile, finely chop garlic.
- Grate carrot.



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.



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.



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.



Serve up

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



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate