



Mumbai Beef Meatball Curry

with Garlic Rice & Yoghurt

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Beef Mince



Fine Breadcrumbs



Mild North Indian Spice Blend



Carrot



Capsicum



Baby Broccoli



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Greek-Style Yoghurt



Pork Mince

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

Get ready to fall head over heels for this rich, hearty dish that's a splendid symphony of flavours. The secret is cooking up the curry in a single pan so the tender meatballs soak up the traditional Indian spices. With a bed of fluffy garlic rice to finish it off, you better be ready to savour every taste – it'll be gone before you know it!

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

Pantry items

Olive Oil, Butter, Egg, Brown Sugar

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 large packet	2 large packets
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2 ½ cups
beef mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
mild North Indian spice blend	1 medium sachet	1 large sachet
carrot	1	2
capsicum	1	2
baby broccoli	½ medium bunch	1 medium bunch
Mumbai spice blend	1 medium sachet	2 medium sachets
tomato paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
coconut milk	1 medium packet	2 medium packets
water* (for the sauce)	½ cup	1 cup
Greek-style yoghurt	1 medium packet	1 large 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)	3971kJ (949Cal)	583kJ (139Cal)
Protein (g)	53.4g	7.8g
Fat, total (g)	48g	7g
- saturated (g)	30.3g	4.4g
Carbohydrate (g)	100.3g	14.7g
- sugars (g)	15.3g	2.2g
Sodium (mg)	1394mg	205mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3681kJ (880Cal)	541kJ (129Cal)
Protein (g)	49.2g	7.2g
Fat, total (g)	43.5g	6.4g
- saturated (g)	27.4g	4g
Carbohydrate (g)	100.3g	14.7g
- sugars (g)	15.3g	2.2g
Sodium (mg)	1415mg	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.



1 Cook the garlic rice

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

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

TIP: Cover the pan with a lid if the garlic paste starts to spatter!



4 Prep the veggies

- While the meatballs are cooking, thinly slice **carrot** into half-moons.
- Roughly chop **capsicum**. Cut **baby broccoli** into thirds.



2 Make the meatballs

- While the rice is cooking, in a medium bowl, combine **beef mince**, **fine breadcrumbs**, the **egg**, **mild North Indian spice blend** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **beef mixture** into small meatballs (5-6 per person). Transfer to a plate.

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



3 Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **meatballs**, turning, until browned all over and cooked through, **8-10 minutes**. Transfer to a plate.

Custom Recipe: Cook the pork meatballs in the same way as the beef meatballs.



5 Make the curry

- Wipe out the frying pan, then return to medium high heat with a drizzle of **olive oil**. Cook **carrot**, **capsicum** and **baby broccoli** until softened, **5-6 minutes**.
- Add **Mumbai spice blend**, **tomato paste** and remaining **garlic paste**, then cook until fragrant, **1-2 minutes**.
- Add the **brown sugar**, **coconut milk** and **water (for the sauce)**, then return the **meatballs** to the pan.
- Cook until the sauce has thickened slightly, **2-3 minutes**. Season to taste.



6 Serve up

- Divide garlic rice between bowls. Top with Mumbai beef meatball curry.
- Serve with **Greek-style yoghurt**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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