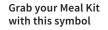
Mumbai Beef Meatball Curry

with Garlic Rice & Yoghurt

TAKEAWAY FAVES











Beef Mince

Fine Breadcrumbs





Mild North Indian Spice Blend

Carrot





Capsicum

Baby Broccoli







Mumbai Spice Blend

Tomato Paste







Coconut Milk

Greek-Style Yoghurt





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!

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.



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!



Prep the veggies

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



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.



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.



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.



Serve up

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

