



# Southeast Asian Beef Meatball Curry

with Garlic Rice & Crushed Peanuts

KID FRIENDLY



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

We're always saying, if you can't decide between two amazing options why not have both! We're putting our words into action and cooking up beef meatballs to be added to a rich Southeast Asian-inspired curry with roast veggies and leek. The payoff will satisfy everyone.

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

Grab your Meal Kit  
with this symbol



Carrot



Parsnip



Garlic



Jasmine Rice



Beef Mince



Fine Breadcrumbs



Garlic & Herb  
Seasoning



Leek



Southeast Asian  
Spice Blend



Coconut Milk



Crushed Peanuts



Pork  
Mince

## Pantry items

Olive Oil, Egg, Brown Sugar,  
Soy Sauce, 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 · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
garlic	3 cloves	6 cloves
water*	1 1/4 cups	2 1/2 cups
(for the rice)		
jasmine rice	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
egg*	1	2
fine breadcrumbs	1 medium packet	1 large packet
garlic & herb seasoning	1 medium packet	1 large packet
leek	1	2
Southeast Asian spice blend	1 sachet	2 sachets
coconut milk	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
soy sauce*	2 tsp	4 tsp
water*	1/2 cup	1 cup
(for the curry)		
white wine vinegar*	drizzle	drizzle
crushed peanuts	1 medium packet	2 medium packets
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)	4135kJ (988Cal)	741kJ (177Cal)
Protein (g)	48.9g	8.8g
Fat, total (g)	55g	9.9g
- saturated (g)	30.1g	5.4g
Carbohydrate (g)	99.4g	17.8g
- sugars (g)	17.8g	3.2g
Sodium (mg)	1280mg	229mg
Dietary Fibre (g)	15.8g	2.8g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3845kJ (919Cal)	689kJ (165Cal)
Protein (g)	44.7g	8g
Fat, total (g)	50.5g	9g
- saturated (g)	27.2g	4.9g
Carbohydrate (g)	99.4g	17.8g
- sugars (g)	17.8g	3.2g
Sodium (mg)	1300mg	233mg
Dietary fibre	15.8g	2.8g

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](http://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **parsnip** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.



### Cook the garlic rice

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



### Make the meatballs

- Meanwhile, combine **beef mince**, the **egg**, **fine breadcrumbs** and **garlic & herb seasoning** in a large bowl.
- Using damp hands, take heaped spoonfuls of **beef mixture** and shape into small meatballs (4-5 per person). Transfer to a plate.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes**. Transfer to a plate.



### Start the sauce

- Thinly slice **leek**.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **leek**, stirring, until softened, **4-5 minutes**.
- Add **Southeast Asian spice blend** and remaining **garlic** and cook until fragrant, **1-2 minutes**.



### Bring it all together

- Add **coconut milk**, the **brown sugar**, **soy sauce** and the **water (for the curry)** and cook, stirring occasionally, until heated through and fragrant, **1-2 minutes**.
- Return **meatballs** to the pan, then add **roasted veggies** and a drizzle of **white wine vinegar** and stir to combine.



### Serve up

- Divide garlic rice between bowls. Top with Southeast Asian beef meatball curry.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the nuts!

We're here to help!

Scan here if you have any questions or concerns

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