



Southeast Asian Beef Meatball Curry

with Garlic Rice & Crushed Peanuts

KID FRIENDLY



Grab your Meal Kit with this symbol



Carrot



Parsnip



Garlic



Jasmine Rice



Beef Mince



Fine Breadcrumbs



Sweet Soy Seasoning



Leek



Southeast Asian Spice Blend



Coconut Milk



Crushed Peanuts



Pork Mince

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.

Pantry items

Olive Oil, Egg, Brown Sugar, Soy Sauce, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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* (for the rice)	1¼ cups	2½ cups
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
sweet soy seasoning	1 sachet	2 sachets
leek	1	2
Southeast Asian spice blend	1 medium sachet	2 medium sachets
coconut milk	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
soy sauce*	2 tsp	4 tsp
water* (for the curry)	½ cup	1 cup
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)	3372kJ (806Cal)	604kJ (144Cal)
Protein (g)	45.8g	8.2g
Fat, total (g)	54.9g	9.8g
- saturated (g)	30.4g	5.4g
Carbohydrate (g)	57.7g	10.3g
- sugars (g)	17.8g	3.2g
Sodium (mg)	1163mg	208mg
Dietary Fibre (g)	12.2g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3081kJ (736Cal)	552kJ (132Cal)
Protein (g)	41.6g	7.5g
Fat, total (g)	50.4g	9g
- saturated (g)	27.5g	4.9g
Carbohydrate (g)	57.7g	10.3g
- sugars (g)	17.8g	3.2g
Sodium (mg)	1183mg	212mg
Dietary fibre	12.2g	2.2g

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.



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**.



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**.



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**.



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.



Make the meatballs

- Meanwhile, combine **beef mince**, the **egg**, **fine breadcrumbs** and **sweet soy 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.

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into meatballs!

Custom Recipe: If you've swapped to pork mince, follow instructions as above.



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

2024 | CW24

