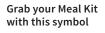


with Garlic Rice & Crushed Peanuts

KID FRIENDLY















**Beef Mince** 

Fine Breadcrumbs





Seasoning



Southeast Asian Spice Blend



Coconut Milk



**Crushed Peanuts** 





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.

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  $\cdot$  Medium saucepan with a lid  $\cdot$  Large frying pan

## Ingredients

9		
	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)	<b>3081kJ</b> (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.



## 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 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.



## 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!

